

## BROOME EMDR TRAINING

This training consists of 2 parts: Pre-workshop and Workshop

### PRE-WORKSHOP

You receive a DVD with all the lectures, slides, chapters . MP3 & video files that enable you to learn all the theory and background knowledge to do effective EMDR therapy with clients who present with both simple and complex trauma. A workbook guides you through this material and provides questions help you deepen your understanding of EMDR therapy.

This material will take 20 hours to complete, and exceeds the EMDR Australia Association requirements for the Didactic component of training.

You can set your own pace to review this material, and go over lectures and summaries at any time, as often as you like. The DVD also contains considerable supplementary material, which is not essential to cover, but which will extend your knowledge considerably.

### WORKSHOP

Over 3 days (21 hours) you will practice skills through a series of closely supervised exercises. There are no lectures, as you have already covered all this material in the Pre-Workshop program. The emphasis is on hands-on, closely supervised skills building training. Exercises cover

Is EMDR suitable for the client and is the client suitable for EMDR?

Taking a developmental and trauma history.

Preparing the client for EMDR therapy, including clients with complex trauma and emotional regulation deficits.

Identifying key memories for EMDR therapy.

Identifying appropriate negative and positive beliefs to use in EMDR therapy.

Extensive practice of the EMDR procedure with scripted clients covering a range of problems and levels of complexity.

Extended practicum where you get to experience EMDR therapy as a client.

Learning and practising a range of strategies when EMDR gets stuck.

Learning and practising a range of advanced strategies for working with complex trauma.

This Experiential training meets the EMDR Australia Association requirements for the Practicum component of training. All you need to do after this to become an Accredited EMDR Practitioner is satisfactorily complete a program of supervision (minimum 10 hours).

### YOUR TRAINER

Graham Taylor trained with Francine Shapiro, the developer of EMDR, in the early 1990s. He facilitated at the first Australian trainings in 1992, until 1996 when he was one of the first people in the world outside Shapiro's training group to be accredited by the EMDR international Association as a trainer. Since then he has conducted trainings throughout Australia, and in New Zealand, Singapore, Indonesia and Germany. He is also an internationally accredited trainer in Schema Therapy and Acceptance and Commitment Therapy, and is the only person in the world with this range of accreditations. He worked in private practice for over 40 years, specialising in the treatment of trauma, complex trauma and personality disorder. Now semi retired, he spends much of his time training providing case consultation. Aside from this, he enjoys bushwalking, mountaineering, and 4WDing driving in untracked regions of WA.