
EMDR Consulting's Training Approach

Hear it: Key elements of EMDR are presented through lecture supported by PowerPoint presentations.

See it: Each element is further enhanced by videos demonstrating these techniques.

Do it: Participants practice these techniques with a partner in simulated clinical settings; this client/clinician relationship is maintained throughout the entire training.

Review it: We are the only training provider that provides participants with a video of the entire training.

We also provide free audio downloads of 22 hours of lecture, with accompanying handouts, that expand the basic EMDR treatment techniques.



EMDR Consulting, LLC

P.O. Box 43273
Cincinnati, OH 45243

www.emdrconsulting.com

Roy Kiessling, LISW
roy@emdrconsulting.com

Since being established in 2013, EMDR Consulting has been providing EMDRIA Approved basic trainings throughout the United States.

EMDR Consulting recruits skilled and knowledgeable EMDR approved consultants to become trainers. In addition to Roy, we now have eight trainers, and our team continues to grow.



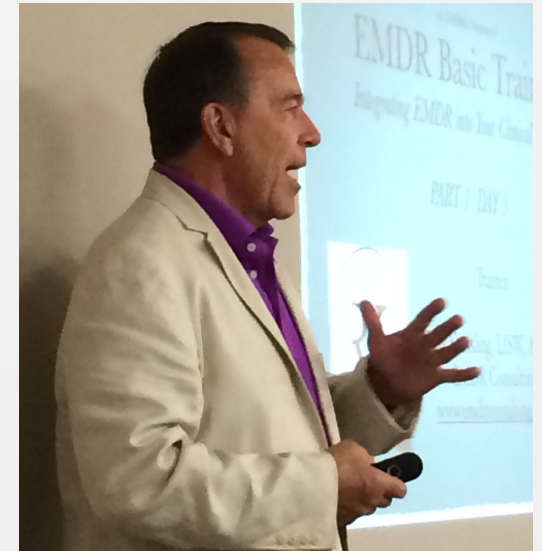
Local consultants are recruited to provide the basic training coaching and the required case consultation. This “boots-on-the-ground” approach provides participants with the best possible opportunity to successfully integrate EMDR into their clinical practice.



EMDRIA Approved

EMDR TRAINING COURSE

*Integrating EMDR into your
Clinical Practice*



*Trainings provided
by*

EMDR Consulting
www.emdrconsulting.com

Roy Kiessling, LISW
Founder



Integrative Psychotherapy

Our primary mission is to help you
"Integrate EMDR into your Clinical Practice."

We do this by:

- ✓ Making the training affordable

\$1095

(non-profit, community mental health, interns)

\$1495

(private practice clinicians)

We offer 5 month payment plans, too!

Fees include the *entire course*:

- 40 hours of lecture/practice
- 40 hrs of CEs
- 10 hours of consultation

- ✓ Providing ongoing support:

- Videos and a PDF file of the manual before attending the training
- Downloadable audio files expanding EMDR's treatment components

- ✓ Providing consultation that helps you understand and apply EMDR treatment from your clinical orientation



Integrating EMDR into your Clinical Practice

EMDR Consulting does everything possible to help you successfully integrate EMDR into your clinical practice.

Before: We provide you with a PDF file of the training manual and a link to videos of the entire training!

During: We follow a "hear it, see it, do it" approach to learning EMDR. You will watch numerous videos and have multiple opportunities to practice what you have been taught.

We teach multiple interventions in the key phases of EMDR:

History:

- Core Belief Targeting Plans
- Symptom Focused: single and multiple symptoms
- Target Mapping
- Chronological Targeting
- Somatic Targeting

Preparation:

- Calm/inner secure/peaceful place
- Container
- Breathing exercises
- Butterfly and Angel Hugs
- Extended Resourcing (affect and behavior)
- Resource Targeting

Processing:

- The Processing Continuum: EMD, EMDr, EMDR

After: We continue supporting you through:

- your pre-paid consultation sessions
- downloadable audio lectures and handouts
- EMDR study courses for professional and EMDR CEs



Lecture



Small Groups



Practice Dyads



Personalized Coaching