

# Ricky Greenwald

ADVANCED  
EMDR TRAINING

## EMDR FOR CHILDREN AND YOUTH

Sponsored by Ripple Affect

### About the presenter

**Ricky Greenwald, PsyD**, is the founder and executive director of the Trauma Institute & Child Trauma Institute, affiliate professor at the SUNY University at Buffalo School of Social Work, and a fellow of the American Psychological Association. He was previously on the faculty at Mount Sinai School of Medicine. Dr. Greenwald is the author of numerous professional articles as well as several books, including *EMDR in Child & Adolescent Psychotherapy* (1999), *Trauma and Juvenile Delinquency* (editor; 2002), *Child Trauma Handbook* (2005), *EMDR Within a Phase Model of Trauma- Informed Treatment* (2007), *Treating Problem Behaviors* (2009), and *Progressive Counting* (2013). His work has been translated into over a dozen languages.

Dr. Greenwald is an EMDR pioneer, as well as the developer of Progressive Counting and of the *Fairy Tale phase model of trauma-informed treatment featured in this program.*

Victoria BC Canada  
May 29-31, 2020





## Workshop Overview

### Outline for 3-day EMDR for Children & Adolescents

Each day is 9-5 (1 hr lunch, 2 15-min breaks), for 6.5 total contact hours. Day 1 is open to any mental health professional. Days 2 and 3 are for EMDR-trained therapists only. Day 1 is required for those who attend Days 2 and 3. 13 EMDRIA CEs available. Please contact your association or college for information regarding CE's. Sponsor will verify attendance.

#### **“Slaying the Dragon: The Fairy Tale Model of Trauma-Informed Treatment” Day 1**

##### **Course Description**

This is a hands-on clinical skills training for working with clients [kids] who have been exposed to significant trauma or loss. The morning will cover trauma theory, impact of trauma and loss, how trauma/loss relates to presenting problems, a comprehensive/systematic model of trauma-informed treatment for a variety of presenting problems, and trauma-informed case formulation (explaining this to clients). The afternoon will address client motivation, treatment contracting, and the factors that distinguish between supportive/incremental and transformative therapies. Then there will be a brief experiential exercise in trauma resolution work. Finally, a guided practice applying this trauma-informed treatment model to problem-solving with participants' (and consultees/supervisees') ongoing cases.

##### **Course Agenda/Outline**

The day is 9-5 (1 hr lunch, 2 15-min breaks), for 6.5 total contact hours.

###### **Morning (9-12:30)**

- Introduction to [child/adolescent] trauma and post-traumatic stress.
- Trauma's contribution to reactivity and symptoms/problem behaviors.
- Analyzing presenting symptoms/problem behaviors from a trauma perspective.
- Overview of [child/adolescent] trauma treatment and phases of treatment.
- Core principles/practices of trauma-informed treatment.

(Break)

- Trauma-informed case formulation



12:30-1:30 Lunch on your own

- Trauma-informed case formulation.

Afternoon (1:30-5)

- Enhancing motivation and commitment to treatment goals.
- Treatment planning and contracting.
- What makes a therapy approach transformative vs. supportive/incremental?
- Experiential exercise (using a minor upsetting event) in trauma resolution work, using progressive counting (PC)

(Break)

- Guided case consultation with the fairy tale model (FTM) of trauma-informed treatment. Focus is on the consultation method (not on the case).

## Course Objectives

Participants will be able to:

- Name and sequence the phases of treatment in the trauma-informed phase model.
- Name and sequence the experiences the brain requires for memory reconsolidation.
- Explain to clients how past trauma or loss can lead to ongoing problem behaviors or symptoms.
- Develop a systematic and comprehensive trauma-informed treatment plan.
- Problem-solve their own (or their supervisees') challenging cases using the trauma-informed treatment perspective.

## Advanced training in EMDR FOR CHILDREN Day 2

### Course Description

This second and third day of the workshop will cover the fundamentals of using EMDR with children and adolescents. It is designed for those who already work with children and adolescents and want to learn more about how to include EMDR. Topics include: technical modifications of standard EMDR components; protocol adaptations by age group (toddler, young child, older child, teenager); related family therapy interventions; developing/enhancing secure attachment status; target selection strategies; and integration of EMDR into a comprehensive treatment approach. Workshop activities will include lecture, video demonstration, and small group practice. Participants will have hands-on practice with the primary EMDR methods used with kids.



## Course Agenda/Outline

The day is 9-5 (1 hr lunch, two 15-min breaks), for 6.5 total contact hours.

Morning (9-12:30)

- Taking a trauma history.
- (Break)
- Developing/enhancing secure attachment status.

12:30-1:30 lunch on your own

Afternoon (1:30-5)

- Integrating parent training, self-management training and EMDR into a treatment plan.
  - Target selection strategies that help kids to tolerate EMDR.
  - Adapting the standard EMDR protocol according to age/developmental status.
  - Kid-friendly technical variations on selected components of the standard protocol.
- (break)
- Finishing a session.
  - EMDR with infants/toddlers and with very young children.
  - Kid-friendly approaches to the cognitive interweave.

## Course Objectives

Participants will be able to:

- implement the practical technical skills needed to adapt EMDR for use with children and adolescents.
- adjust the EMDR protocol to accommodate the age of the child.
- work with parents to facilitate their support of EMDR.
- integrate EMDR into a comprehensive child treatment approach.



**Advanced Training in  
EMDR WITH ADOLESCENTS  
Day 3**

Morning (9-12:30)

- Future Movies motivational interview
- (Break)
- Treatment planning for resistant teens

12:30-1:30 Lunch on your own

Afternoon (1:30-5)

- Stabilization via avoiding high risk situations
  - Demo of self-management skills training (if there's time)
- (break)
- Tease-Proofing to reduce reactivity to provocation

Come for 2 Bonus Workshops, appetizers, tea and coffee for only \$50!

May 29 6-8pm: Intensive Trauma Therapy

May 30 6-8pm Flash Technique

If registering for the bonus workshops please add \$50 to total cost.



## Course Registration (Please complete ALL information)

Full Name: \_\_\_\_\_

Professional Affiliation/Employer: \_\_\_\_\_

Registering Body: \_\_\_\_\_

Completed EMDR Basic Training?      YES \_\_\_\_\_      No \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Preferred Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Province: \_\_\_\_\_

Do you have any allergies? Please specify \_\_\_\_\_

\*\*\*Early Bird Rates until April 15, 2020 will apply\*\*\*

**May 29-31, 2020 (8:00am Registration, 9:00am to 5:00pm) - An Introduction to Child/Youth Traumatic Stress, EMDR for Children and Adolescent plus two bonus evenings (\*EMDR Practitioners are invited to attend)**

**Workshop Fee \$550 \_\_\_\_\_ (Until April 15, 2020) \$600 \_\_\_\_\_ (After April 15, 2020)**

**May 29 and 30, 2020 (6:00pm-8:00pm) 2 Bonus Sessions w/appetizers \$50 \_\_\_\_\_**

**Total Enclosed: \$ \_\_\_\_\_**

\*\*\*All fees listed in Canadian Funds\*\*\*

Payment Options: Cheque, Bank Draft, Money Order, E-Transfer

PLEASE MAKE PAYMENT TO MICHELLE GAY. SEND REGISTRATION FORM AND PAYMENT TO:  
MICHELLE GAY  
923 SELKIRK AVENUE  
VICTORIA BC  
V9A 2T9

**PLEASE NOTE: Sponsor may cancel or postpone the workshop due to under-enrollment, presenter illness or inclement weather. Cancellations/Changes and Refunds: Fees for late arrivals and early departures will not be re-funded. 50 PERCENT REFUND Fees will be refunded, less a \$30.00 processing fee, if cancellation or change resulting in a refund is received in writing no later than April 1, 2020. After that date, fees are non-refundable. All refunds will be processed within 2 weeks after the workshop. \$25 fee charged on cheques returned by the bank due to insufficient funds. Check with sponsor about late registration.**