Exact Title:

IFS-Informed EMDR 2-day

Timeline/Schedule

Zoom (times are listed in US Eastern, unless otherwise specified in course listing)

Live (times are listed in time zone local to venue, with 60-minute lunch break, and 30 minutes added to all afternoon times)

Day One

9:00-10:30 Welcome, Introduction & Overview

10:30-10:45 15 minute break

10:45-11:15 Self & Energy

11:15-11:45 Self & Energy Exercise: Demo

11:45-12:30 Self & Energy Exercise: Practice One

12:30-1:00 30 min Lunch

1:00-1:15 Practice Debrief / Q&A

1:15-1:45 Parts & Energy

1:45-2:15 Parts & Energy Exercise: Demo

2:15-2:30 15 min break

2:30-3:15 Parts & Energy Exercise: Practice Two

3:15-3:45 Dual Attention Revisited

3:45-4:15 Demo Session

4:15-4:30 Debrief / Q&A

Day Two

9:00-9:30 Review / Q&A

9:30-10:00 IFS-Informed Assessment Phase

10:00-10:30 Assessment Phase: Demo

10:30-10:45 15 min break

10:45-11:30 Assessment Phase: Practice Three

11:30-11:45 Debrief / Q&A

11:45-12:30 Discovery

12:30-1:00 30 min Lunch

1:00-1:30 Desensitization & Flow of IFS-Informed EMDR

1:30-2:15 Discovery or Desensitization: Demo

2:15-2:30 15 min break

2:30-4:10 Discovery or Desensitization: Practice Four

4:10-4:30 Wrap-up, Q&A, Evaluations