

Attachment-Focused

EMDR

With Dr. Laurel Parnell

BASIC TRAINING
PARTS 1 & 2
24-31.8.2024

STANDARD S\$ 3300
EARLY BIRD S\$ 2970
EARLY BIRD ENDS 24 MAY 2024

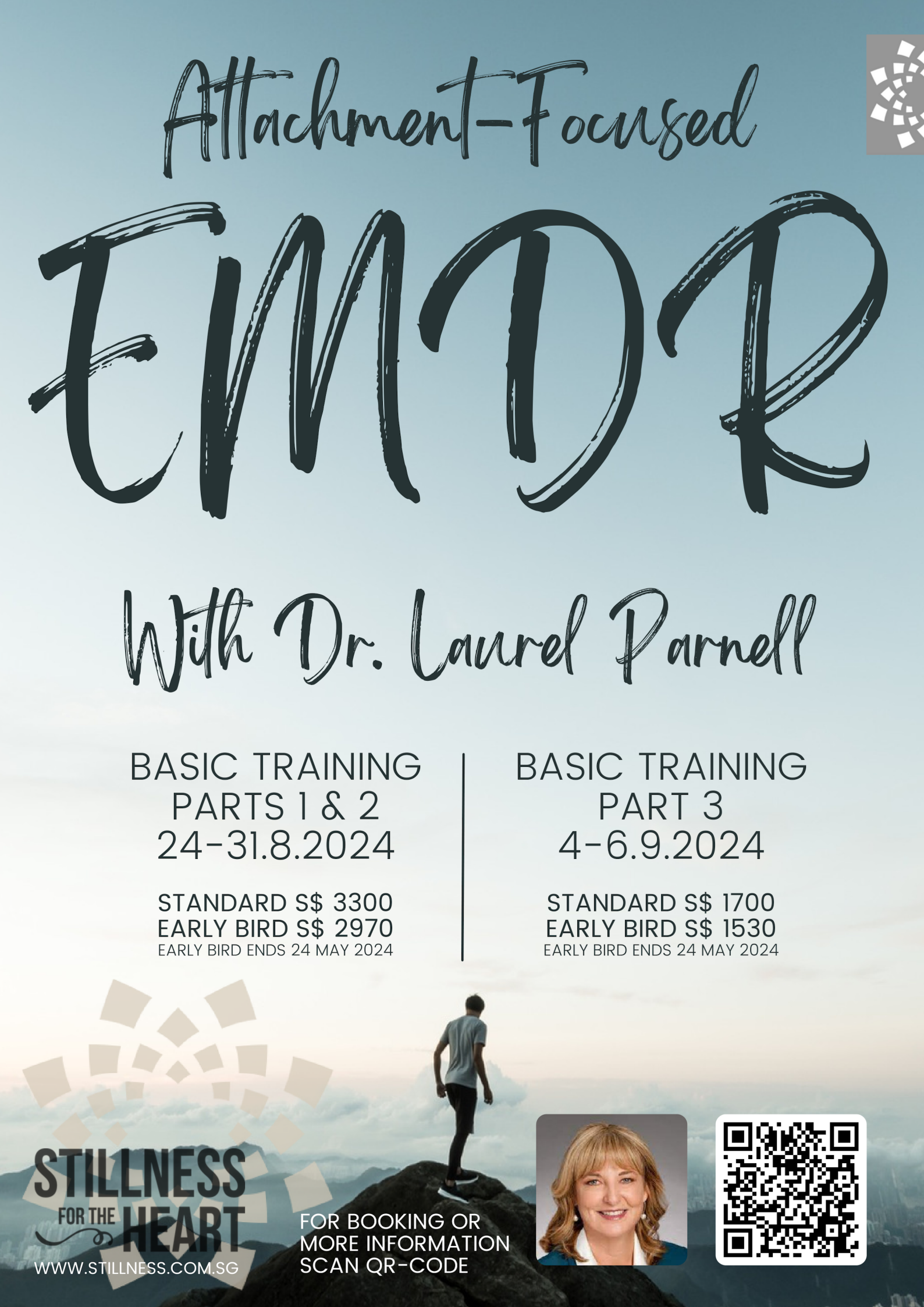
BASIC TRAINING
PART 3
4-6.9.2024

STANDARD S\$ 1700
EARLY BIRD S\$ 1530
EARLY BIRD ENDS 24 MAY 2024

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MORE INFORMATION
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ATTACHMENT-FOCUSED EMDR



PARTS 1 & 2

In Parts 1 & 2, you will learn how to use AF-EMDR in clinical practice. This comprehensive training includes lectures, small group practice, and demonstrations in a supportive environment.

Learning Objectives:

- Construct protocols and procedures for using AF-EMDR with a variety of clients
- Demonstrate clinical application of EMDR and AF-EMDR concepts and procedural steps
- Demonstrate client selection criteria and cautions necessary for safe use of AF-EMDR
- Utilise resource development and installation in cases of challenging life situations, blocking beliefs, or for performance enhancement
- Identify methods for developing inner resources used for interweaves and client closure
- Construct AF-EMDR targets using the bridging technique
- Integrate AF-EMDR into clinical practice with a range of clients and present problems

Course Requirements

SPS Registered Psychologist, SAC Registered Counsellors, or Masters in Psychology or Counselling

Upon Completing this Course

Participants will be awarded a Letter of Attendance by Parnell Institute. A Certificate of Completion will only be awarded when participants complete all 3 parts within 2 years. To be an AF-EMDR Certified Therapist, click on the links for the full certification requirements by APCB and Parnell Institute.

PART 3

In Part 3 of Attachment-Focused EMDR training, we review the material from Parts 1 and 2, emphasizing the treatment of complex PTSD, resource development and installation, target development, case conceptualisation, working with blocked processing, dissociation, and abreactions. As in Parts 1 and 2, this three-day training consists of lectures, demonstration videos, and small supervised practice sessions

Learning Objectives:

- Name and define the five basic principles of Attachment-Focused EMDR
- Demonstrate EMDR procedural steps using the modified AF-EMDR protocol
- Construct protocols and procedures for using AF-EMDR with a variety of clients, including those with complex PTSD and recent traumas
- Identify techniques for working with blocked processing and strong emotional releases
- Identify how to unblock blocked processing using interweaves
- List methods for working with dissociation
- Identify advanced methods for developing inner resources used for developmental repair, interweaves, and client closure
- Describe how to apply AF-EMDR for grief & loss

Course Requirements

- SPS Registered Psychologist, SAC Registered Counsellors, or Masters in Psychology or Counselling
- Completed AF-EMDR Training Parts 1 & 2 with Parnell Institute or completed an EMDRIA-approved Basic Training in EMDR.
- Completed ten hours of consultation with a Parnell Institute consultant

Upon Completing this Course

Participants will be awarded a Certificate of Completion by Parnell Institute upon completing all 3 parts of the AF-EMDR basic training within 2 years. Completing the AF-EMDR basic training fulfills one of the criteria to be an AF-EMDR Certified Therapist.

What is EMDR?

Eye Movement Desensitization and Reprocessing (EMDR) is a powerful and effective therapy for the treatment of trauma. EMDR therapy incorporates eye movements or other bilateral stimulation into a comprehensive approach that processes and releases information trapped in the mind and body, freeing people from disturbing images and body sensations, debilitating emotions, and restrictive beliefs. This revolutionary therapy has helped millions of clients of all ages recover from such traumas as war, accidents, assaults, disasters, and childhood abuse. EMDR has been extensively researched as a treatment for post-traumatic stress disorder (PTSD), and is considered to be an evidence-based therapy.

In addition to the treatment of PTSD, EMDR is also used to treat the psychological effects of smaller traumas that manifest in symptoms of depression, anxiety, phobias, low self-esteem, creativity blocks, and relationship difficulties. Not only does healing occur much more rapidly than in traditional therapy, but as a result of EMDR's clearing of emotional and physical blockages, many people also experience a sense of joy, openness, and deep connection with others. EMDR is a quantum leap in the human ability to heal trauma and maladaptive beliefs.

What is Attachment-Focused EMDR?

Attachment-focused EMDR (AF-EMDR) is an evolution of standard EMDR and stresses the importance of creating safety for the client and the need to adapt treatment according to client-centered cultural and individual needs. AF-EMDR emphasizes a reparative therapeutic relationship using a combination of (1) Resource Tapping to strengthen clients and repair development deficits, (2) AF-EMDR to process traumas, and (3) talk therapy to help integrate the information from AF-EMDR sessions and to provide the healing derived from therapist-client interactions. Through these, AF-EMDR extends the use and benefits of EMDR and bilateral stimulation to clients typically less responsive to traditional EMDR protocols and helps clients experience more complete resolution.

About Dr. Laurel Parnell

Laurel Parnell, Ph.D. is the director of the Parnell Institute and developer of Attachment-Focused EMDR. She is an internationally recognized clinical psychologist, author, and leading expert on Eye-movement Desensitization and Reprocessing (EMDR) therapy. Since 1995 she has trained thousands of clinicians in EMDR both nationally and internationally. She is the author of six books on EMDR, including her latest release, *Rewiring the Addicted Brain*.



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TIME TABLE PARTS 1 & 2

24.08	1900 - 2100	Group Introductions (Online)
25.08	0830 - 1730	Lecture, Demonstration, Practicum
26.08	0830 - 1730	Lecture, Demonstration, QnA, Discussion, Practicum
27.08	Morning Free	
	1245 - 1730	Lecture, Practicum
28.08	0830 - 1730	Lecture, Demonstration, QnA, Discussion, Practicum
29.08	0830 - 1730	Lecture, Demonstration, QnA, Discussion, Practicum
30.08	Morning Free	
	1245 - 1730	Lecture, Practicum
31.08	0830 - 1200	Lecture, Integration, Self-care, Closing Circle

TIME TABLE PART 3

04.09	0830 - 1730	Introduction, Lecture, Demonstration, Practicum
05.09	0830 - 1730	Lecture, Demonstration, Practicum
06.09	0830 - 1730	Lecture, Integration, Self-care, Closing Circle

Breaks

- There will be two coffee breaks per day. Refreshments, snacks, coffee and tea are provided.
- Lunch is free and easy. There are lots of food places around and at the venue.

LOCATION FOR PARTS 1 -3

NTU @ One-North

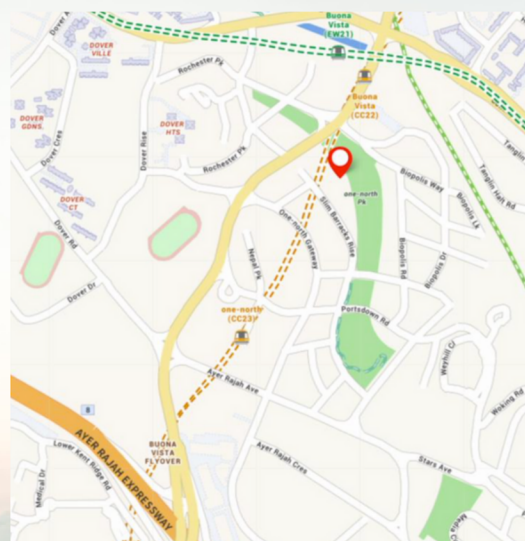
11 Slim Barracks Rise, Singapore 138664

MRT: Buona Vista (East-West / Circle Line)

one-north (Circle Line)

Car: Easily accessible via Ayer Rajah

Expressway (AYE)



[Google Map](#)

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