

EMDR BASIC TRAINING

AND HEALING CULTURALLY BASED TRAUMA WITH EMDR THERAPY

Presented by Mark Nickerson, LICSW

Offered as a free training for Clinicians of Color in the Central Virginia Region

to build a cadre of culturally responsive clinicians of color in an affirming & supportive training environment

Sponsored by the **Central Virginia Clinicians of Color Network**

Empowering Communities of Color Through Clinical Excellence
with support from the Charlottesville Area Community Foundation & The Women's Initiative

EMDR Therapy Basic Training is designed for mental health practitioners who treat adults and children in a clinical setting. EMDR is a comprehensive psychotherapy that accelerates the treatment of a wide range of pathologies and self-esteem issues related to disturbing events and present life conditions. This interactional, standardized approach has been empirically tested in over 20 randomized controlled studies with trauma patients, and hundreds of published case reports evaluating effectiveness with a considerable range of presenting complaints. The training is based upon the textbook by Francine Shapiro, PhD, *Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols and Procedures* Guilford Press, NY, 2nd Edition, 2001.

Healing Culturally-Based Trauma

Trauma-informed clinicians can readily embrace *cultural competence* in their work, but it does not come with good intentions alone. It requires a more active commitment, and expanded knowledge and skills. Cultural awareness welcomes cultural identities, adapts therapy to cultural needs and norms, and broadens the scope of trauma work. Positive cultural experiences can be a powerful resource. Coping with and recovery from social and culturally based wounds can be a more intentional treatment objective. This training will outline theory along with innovative strategies and protocols from the book, *Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy*.

Training Highlights

- Supervised small group practice on each training day
- Includes required group consultation (10 hours)
- Physiological overview of the information processing system
- Specialized history-taking to identify dysfunctional patterns and causes
- Treatment planning to address past events, current triggers and future needs
- Stabilization techniques across the attachment spectrum
- Reduction of overt symptoms and achieving comprehensive mental health
- Addressing the full range of trauma and other disturbing life events
- Welcoming culture into psychotherapy
- Applications for healing culturally-based trauma
- Protocols for social prejudice and privilege
- Applications to combat trauma and first responders
- Applications to addictions, grief, anxiety, depression and somatic disorders
- Applications to natural and man-made disasters
- Applications to family and couples' therapy
- Personal use for therapist to process vicarious traumatization

Training Details

Dates:

Part I: October 12 – 15, 2018
Part II: February 15 – 18, 2019

Time: 8am – 5pm

Location:

Charlottesville, Virginia
More details to follow registration and selection process

Eligibility Requirements

- Identify as a Clinician of Color
- Practice within a 75-mile radius of Charlottesville, Virginia
- Commit to attending each day of the training (no exceptions)
- Commit to at least 10 hours group consultation (no exceptions)
- Licensed, working towards licensure, or enrolled as a Graduate Student
- Work with underserved clientele
- Agree to maintain at least two EMDR clients of color during training & consultation period

Registration

This training is free of cost to participants who meet the eligibility criteria above. Space is limited and acceptance is based on application quality and capacity to work with underserved clients who have experienced culturally-based trauma.

To apply:

- Complete online application by 9/8/18. By [clicking here](#).
- Submit a non-refundable \$25 application fee) to The Women's Initiative using [this link](#). Please write CVCCN EMDR in the notes section.
- Accepted applicants will be notified via email by September 15, 2018

For more information about Mark Nickerson, LICSW and/or training content, visit:
www.markinickerson.com

For more information about the Central VA Clinicians of Color Network (CVCCN), eligibility, and/or the application process, please email:
cvccninfo@gmail.com