

The Hebrew University of Jerusalem

Syllabus

EMDR level 1 training - theory and practice - 3043

Last update 31-10-2019

HU Credits: 2

Degree/Cycle: 2nd degree (Master)

Responsible Department: Social Work

Academic year: 0

Semester: 2nd Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Yoni Elkins

Coordinator Email: yelkins@gmail.com

Coordinator Office Hours: must be scheduled by email

Teaching Staff:

Mr. Yoni Elkins
Dr. Kahn Daniel
Dr. Gary Quinn

Course/Module description:

Part one of the two part basic training of EMDR therapy, as well as learning about psycho-traumatology for better understanding of PTSD.

This course does NOT include five mandatory supervision sessions necessary for completing part one training (must be obtained privately), which is needed to be accepted to part two of the two-part basic training of EMDR.

Course/Module aims:

To provide sufficient knowledge and practice to allow students to start practicing treating patients with EMDR

Learning outcomes - On successful completion of this module, students should be able to:

- To become familiar with the AIP model of therapeutics, on a basic level.
- To be able to Develop an AIP-Informed Treatment plan
- To understand the eight stages of EMDR
- To practice all eight stages, both as clinician and as patient
- To develop sufficient skill and confidence to be able to start using EMDR on clients right away

Attendance requirements(%):

Full attendance

Teaching arrangement and method of instruction: Lecture and practicum on every day of the course, both as a clinician and as a patient, as well as an observer

Course/Module Content:

Day One

1. Introduction to EMDR and Training Goals
2. Psycho-Traumatology
3. Background of EMDR Therapy
- *required reading: Shapiro, 2001 Chapter 1
4. Mechanism, Model and Methodology
5. The EMDR approach to psychotherapy
- *required reading: Shapiro, 2001 Chapter 2
6. Eight-Phases of EMDR Treatment

7. Phase One: History-Taking

Day Two

**required reading: Shapiro, 2001 Chapter 4*

8. Procedures to Identify Memories for Reprocessing

9. Client Selection Criteria

10. Developing an AIP-Informed Treatment plan

11. Examples of Negative and Positive Cognitions

12. Phase Two: Preparation

**required reading: Shapiro, 2001 Chapter 5*

13. Developing and Enhancing a Calm/Safe Place

14. Practicum

Day Three

15. Phase Three: Assessment

**required reading: Shapiro, 2001 Chapter 5*

16. Phase Four: Desensitization

**required reading: Shapiro, 2001 Chapter 5*

17. Phase Five: Installation

**required reading: Shapiro, 2001 Chapter 6*

18. Phase Six: Body Scan

**required reading: Shapiro, 2001 Chapter 6*

19. Phase Seven: Closure

**required reading: Shapiro, 2001 Chapter 6*

20. Practicum

Day Four

21. Facilitating Blocked Processing

**required reading: Shapiro, 2001 Chapter 7*

22. Stabilization and Resource Development Interventions

23. Additional Stress Management Strategies

24. Phase Eight: Reevaluation

**required reading: Shapiro, 2001 Chapter 8*

25. Completing the Treatment Plan

26. Reprocessing Present Triggers

27. Future Templates

28. Recent Traumatic Events

29. Working with Children

30. Practicum

**changes may occur between the days*

Required Reading:

Shapiro, F (2018) Eye Movement Desensitization and Reprocessing (third edition): Basic Principles, Protocols, and Procedures. Guildford Press.

**this is a partial list of literature. to be updated. students must check updates before course begins.*

Additional Reading Material:

Shapiro, F. (2012). Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy. New York: Rodale.

Course/Module evaluation:

*End of year written/oral examination 0 %
Presentation 0 %
Participation in Tutorials 0 %
Project work 100 %
Assignments 0 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %
Practicum*

Additional information:

This course includes Part one of the two part basic training of EMDR, and does not include the required five consultant sessions. A list of registered consultants can be found on emdr.org.il under find therapist and searching consultants.

After completing consultant sessions, students may receive a letter stating they completed requirements of part one of the training. Certification of completing basic training of EMDR will be given after completing part two of the two part basic training.

In addition, full attendance is required for completion of part one EMDR basic training. Attendance will be taken at beginning and end of every day.

in accordance with the decision of EMDR Israel, only clinicians with a clinical masters degree can be trained in EMDR. students in their Masters degree if it is a clinical one, are permitted to be trained in EMDR on condition that they complete their degree (if not, this training will not be acknowledged).

We request not to sign up to this course if there is no ability to arrive and leave on time. We start exactly on time and do not end early.

to those who's current degree is not clinical - this course will be considered an accademic one only, and will not be considered having completed part one training of EMDR.

In addition, it should be noted that EMDR training is based on the assumption that previous clinical training has been obtained (such as BSW or other clinical degree) which permits treating patients. students from other degrees (hassava) will be allowed to join in their third year only, and will only be permitted to use EMDR on clients one recieving a social work licence number.