

**EMDR Therapy & Mindfulness:
Creative and Engaged Solutions for Trauma-Focused Care**

Presenter:

Dr. Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-500, RMT (she/they)

April 14-15, 2023

8:45am - 4:30pm

Hybrid Event: *In-person and Live Webinar*

LOCATION

*KU Edwards Campus
BEST Conference Center
12604 S Quivira Rd
Overland Park, KS 66213*

OR

Live Webinar via Zoom

(webinar registrants may view a recording of the webinar for 60 days following the event; CEs and EMDRIA credits are only available for full Live attendance)

WORKSHOP DESCRIPTION / ABSTRACT

For the past 2600 years, Buddhist mindfulness and the therapies and practices connected to this system of healing have contributed to psychological and spiritual relief for millions of people. Over the last 30 years, our understanding and the treatment of trauma related disorders and difficulties have progressed, with Dr. Francine Shapiro's development of EMDR Therapy and the AIP Model. In this dynamic 2-day workshop, participants are challenged to consider how fusing two systems of healing, mindfulness-informed interventions and trauma focused care guided by the EMDR approach to psychotherapy can revolutionize the helping professions delivery of trauma responsive services. Participants also are invited to move beyond the basics as insights are given into how working with mindfulness in a trauma-informed way can help us to better understand dissociation. Moreover, the varied applications of mindfulness are explored through the realm of expressive. Participants will be guided through a variety of experiential activities to deepen their connection to the content and to build their repertoire of skills for enhancing the practice of EMDR Therapy. All sessions will involve a combination of lecture, Q & A, and experiential engagement in mindfulness and expressive practices.

COVID-19 PANDEMIC INFORMATION

Due to the COVID-19 Pandemic, this hybrid event may be subject to move to a live webinar only. With the uncertainties brought on by the pandemic, we recommend that all attendees purchase travel insurance when making travel arrangements.

For a fee, any attendee may change their registration from in-person to virtual or vice versa. See below for details.

At this time, we have the following COVID-19 precautions in place for those attending this workshop in-person:

The University of Kansas currently does not have a mask mandate in place. Should the University of Kansas reinstate their mask mandate, all in-person attendees will be asked to comply with the mandate. Otherwise, attendees are not being asked to wear a mask during the workshop. Vaccines or proof of the vaccine are NOT required to attend in-person trainings.

Socially distanced seating will be provided. Individual attendees may choose to sit closer with those whom they feel comfortable doing so.

If you are feeling ill or have been exposed to anyone who has been ill, please stay at home. All participants attending this in-person training will be required to sign a Covid-19 Release [form](#). Release forms will be available at the training to sign before entering. If individuals do not sign the COVID-19 release form, they will not be allowed to attend the training in-person.

Please note that this policy is subject to change, and that while we will update participants on any changes made to this policy by email, we encourage you to check our website regularly for changes at <https://graymatterstherapyworkshops.com>.



MEET OUR PRESENTER

Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-500, RMT (she/they) travels internationally speaking on topics related to EMDR therapy, trauma, addiction, expressive arts and mindfulness while maintaining a private practice and online education operations, the Institute for Creative Mindfulness, in her home base of Warren, OH. She is the developer of the *Dancing Mindfulness* approach to expressive arts therapy, and the developer of *Yoga for Clinicians*. Jamie is the author of numerous books, including the popular *EMDR Made Simple*, *Trauma Made Simple*, and *Process Not Perfection*. She is the co-author of *EMDR Therapy and Mindfulness for Trauma Focused Care*, and *Healing Addiction with EMDR Therapy: A Trauma-Focused Guide*. North Atlantic Books published a revised and expanded edition of *Trauma and the 12 Steps* in the Summer of 2020, and they are also publishing *The Healing Power of Jiu-Jitsu: A Guide to Transforming Trauma and Facilitating Recovery* and *Dissociation Made Simple* (both due out in 2022). Jamie is a woman living unapologetically with a Dissociative Disorder, and this forms the basis of her award-winning passion for advocacy in the mental health field. For more information on how to connect with her work, go to: www.jamiemarich.com.

There are no known conflicts or interests for this workshop.

LEARNING OBJECTIVES—PARTICIPANTS WILL BE ABLE TO:

1. Summarize the history of how mindfulness practice and mind-body medicine played a formative role in Shapiro's development of EMDR therapy
2. Define mindfulness from a variety of perspectives (e.g., linguistic, spiritual, clinical) and explain what is meant by a mindfulness-informed intervention
3. Explain mindfulness as *the opposite of dissociation* and why extra care is needed in why/how we teach mindfulness skills to clients who dissociate
4. Describe 10 mindfulness-informed interventions in clinical situations, particularly as a component of EMDR Therapy Phases 2 & 7, making appropriate adaptations in the spirit of trauma-focused care

5. Demonstrate these same skills in clinically difficult situations within the EMDR therapy framework (e.g., working with complex trauma, managing abreactions, navigating dissociative presentations, addressing addiction)
6. Describe 5-6 fundamentals of teaching mindfulness skills in a trauma-informed way and seamlessly blend that teaching style into the practice of EMDR Therapy
7. Identify how mindfulness philosophy and strategy shows up in all the procedural steps of Phases 3-6, which can assist participants who struggle with applying the protocol
8. Define expressive arts therapy and explain what makes it an ideal system for both working with trauma and enhancing EMDR Therapy
9. Translate all of the basic mindfulness skills covered in the course to more creative interventions using the expressive arts
10. Choose the various practices covered in this course for working with a variety of client populations, more fully considering the notion of meeting someone where they are "at"
11. Develop a personal mindfulness practice for addressing secondary trauma and vicarious traumatization, which will translate into more effective delivery of EMDR therapy and clinical services overall for practitioners
12. Explain (and make clinical applications based on that explanation) the relational imperative in EMDR Therapy and connect how mindfulness and expressive arts practice helps to enhance that relationship

CONTENT AND TIMELINE

DAY ONE:

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|-------------------|--|
| 8:45am – 10:15am | Part 1: Foundations and Fundamentals of Mindfulness |
| 10:15am – 10:30am | Break |
| 10:30am – 12:00pm | Part 2: Exploring Dr. Shapiro's Own Mindfulness and Embodied Practices and Their Role in the History of EMDR Therapy |
| 12:00pm – 1:15pm | Lunch |
| 1:15pm – 2:45pm | Part 3: Continued Experiential Practice with Mindfulness and Weaving Connections to EMDR Therapy |
| 2:45pm – 3:00pm | Break |
| 3:00pm – 4:30pm | Part 4: Expanding Skills with Navigating Dissociation |

DAY TWO:

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|-------------------|---|
| 8:45am – 10:15am | Part 1: Creative Mindfulness - Introducing Expressive Arts Therapy |
| 10:15am – 10:30am | Break |
| 10:30am – 12:00pm | Part 2: Structuring Mindful Expressive Arts Practices to Enhance EMDR Therapy |
| 12:00pm – 1:15pm | Lunch |
| 1:15pm – 2:45pm | Part 3: Demonstration & Discussion |
| 2:45pm – 3:00pm | Break |
| 3:00pm – 4:30pm | Part 4: Clinical Wrap-Up, Final Practices, Final Q & A |

REGISTRATION FEES (Fee includes CEs and EMDRIA Credits)

\$360 Regular Fee – When received/postmarked after Tuesday, March 14, 2023

\$340 Early Bird Fee – Must be received/postmarked by Tuesday, March 14, 2023

To receive the Early Bird Fee, enter the Coupon Code **EBDISCOUNT** at check-out.

Non-Profit Discount and Non-Licensed Graduate Student Discount: There is a \$40 discount for attendees employed by a non-profit organization and non-licensed graduate students.

\$320 Non-Profit Regular Fee – When received/postmarked after Tuesday, March 14, 2023

\$300 Non-Profit Early Bird Fee – Must be received/postmarked by Tuesday, March 14, 2023

To receive the Early Bird Fee, enter the Coupon Code **EBDISCOUNT** at check-out.

If you are having difficulties registering on-line, prefer to submit payment through the mail, or have multi-payers for your registration, please click [here](#) for a registration form you can print, complete, and mail.

REGISTRATION CHANGES FROM IN-PERSON TO VIRTUAL OR VICE VERSA

Changes from in-person to virtual attendance or virtual to in-person attendance can be purchased through our website at www.graymattertherapyworkshops.com. The administrative fee to make a change is \$25 and must be purchased by 11:59pm on March 31, 2023.

CANCELLATION POLICY

Your registration fee less a \$60 processing fee will be refunded to you if you cancel within at least 14 days prior to the event (by March 31, 2023). If you cancel after March 31, 2023 and before the start of the workshop, 50% of your registration fee will be refunded. No refund will be made for cancellations received after the workshop begins.

Registrants who partially attend the workshop, or do not complete the training will not receive a refund and cannot transfer their attendance to another workshop. Cancellation requests must be made by sending an email to info@graymattertherapyworkshops.com.

EMDRIA CREDITS & CONTINUING EDUCATION (CE) CREDITS

Approved for 12 EMDRIA Credits and 12 CE Credits

To obtain the credits listed above; participants must log on or sign in at the start of each day, log off or sign out at the end of each day, attend the workshop in its entirety, and complete the workshop evaluation form. No partial credits can be given.

Level of Difficulty: Intermediate

Partial EMDR Training Required. This workshop is open to clinicians who are at least partially trained in EMDR (have completed part of an EMDRIA Approved Basic EMDR Training). Attendees are encouraged to complete the full EMDR basic training and have experience in using EMDR with this client population before using the EMDR material presented in this workshop. This training is not a Basic Training in EMDR therapy.

This workshop is approved for 12 EMDRIA Credits. Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training. Attendees who are partially trained in EMDR are not eligible to receive EMDRIA Credits. A Certificate of Completion will be awarded for full participation in both days.

Gray Matters Therapy Workshop, LLC, EC provider #18024, maintains responsibility for this workshop and its content in accordance with EMDRIA requirements. The official definition of EMDR therapy is available at <https://www.emdria.org/emdr-training/become-a-virtual-basic-trainer/emdr-international-association-definition-of-emdr/>.



This workshop is approved for 12 CE credits provided by CE-Classes.com. Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at ce-classes.com, entering a keycode, and completing an on-line evaluation form.

Licensed Professionals should contact their regulatory board to determine course approval.

Ce-Classes.com is approved by:

- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2023
- The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-147-0223 Expires 02-2023
- The Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education
- The Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education
- Massachusetts Authorization Number: (TBD)
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Provider # RCST031201
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2024 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2022.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.

INTENDED PARTICIPANTS

Licensed mental health professionals (psychiatrists, psychologists, clinical social workers, mental health counselors, marriage and family therapists, psychiatric nurses, accredited psychotherapists, etc.) with at least partial EMDR training.

GRIEVANCE PROCEDURE

Gray Matters Therapy Workshops seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit any grievance in writing to info@graymatterstherapyworkshops.com, and all will be replied to within 5 business days. Grievances will receive, to the best of our ability, corrective action in order to prevent further problems.

ACCOMMODATIONS FOR THE DIFFERENTLY ABLED

Gray Matters Therapy Workshops uses training facilities which are handicap accessible and ADA compliant. Please contact info@graymatterstherapyworkshops.com if special accommodations are required.

REGISTRATION TERMS AND CONDITIONS

In completing the registration process, you agree to be bound by the following Terms and Conditions.

- Attendees, whether in-person or virtual, may not make any type of electronic recording (e.g., audio, video) of the workshop or share workshop materials with any other person.
- Attendees, whether in-person or virtual, must attend the workshop in its entirety to receive CE and/or EMDRIA credits.

- In-person attendees must complete a COVID-19 Liability Waiver and Release form during check-in on the first day of the workshop.
- Virtual attendees may not allow non-registered persons to view the live webinar with them or provide other persons with links to be able to view the webinar.
- Live webinar registrants will have access to the recordings for the webinar for 60 days (until June 14, 2022) following completion of the webinar. The recording links will be provided via email within 72 hours after the completion of the webinar. Live webinar attendees may not share webinar recording links with any other person or view the recordings with any non-registered persons.

Sponsored by:

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