

Reality Based 3 Day Immersion for Clinicians

This training has been designed for psychotherapists who know the value of an EMDR certification and have been unable to attend the 50 plus hours of traditional "members only" training. Until now, that was the only perceived option. It is for people who for whatever reason, "money, time and/or fear"- just haven't been able to attend. It allows those committed practicing mental health practitioners to increase their effectiveness with safe and proven research based methods. It is time to make EMDR user friendly. Attend this training and get certified to use EMDR. You will also be trained in Related Techniques, i.e. IBSR, gaining more tools to treat all populations that suffer from emotional and physical dysregulation. The time is now!

-
- When:** November 11 - 13, 2010
Thurs. Fri. & Sat.
9:00am - 4:00pm
- Where:** Holiday Inn Cleveland/Strongsville Airport,
15471 Royalton Rd. Strongsville, OH 44136
Hotel Phone: 440-238-8800
- Cost:** \$150 per day \$389 for all 3 pay by
cash or check by 10/11 after 10/11 \$419.
Pay w/ credit card via paypal
call or email for more details.
- Contact:** Brian Orzolek
Bodymind Institute, Wheeling, WV
email: info@bodymindinstitute-ibsr.com
ph. 304-232-0230
www.bodymindinstitute-ibsr.com
- 18 CEU's available by state
-

" I have attended The EMDR Institute and EMDRIA advanced trainings and I learned more about the EMDR protocol and how to use it through Judith. I enjoyed her vast knowledge of EMDR combined with the emerging technique -IBSR , her skill level is unmatched, her presence a gift, the knowledge she has and the way she presents it you do not want to miss."
- Dr. Mark Brady EMDR Level II trained VA Oklahoma City

Mail in registration:	Name:	Address:	Ph.#	Email:	# Attending:

Bodymind Institute
Brian Orzolek
20 Walnut Avenue
Wheeling, WV 26003

EMDR I&II

with
IBSR
Integration Based Stress Reduction
Certification

"Judith Moolten is a truly gifted teacher & healer she is a master in the field of traumatology and teaches tools that are obtainable for all."
-Mary Roberts EMDRIA Level II Trained
San Antonio, TX

Day 1-EMDR level I

Trauma & 8 Phase Protocol
Latest Research in Traumatology

Day 2-EMDR level II

Learn & Practice AIP model of EMDR for Resource Development & Installation Under Clinical Supervision

Day 3-Advanced Bodymind Integration

IBSR Myriad of Curative Somatic Psychology Tools
Practice TRE's for Reprocessing Neurophysiological Trauma

Attend 1, 2 or all 3 days

3 Day Training
The Complete Clinicians Course

Day One: Trauma & EMDR Level 1

Fundamentals of the EMDR tool
The Preparatory Phase for client resourcing
Understanding of BiLateral Stimulation/
BLS/Dual Attention Stimulation DAS
The EMDR 8 Phase Protocol for Reprocessing
Traumatic Memories and Stress NOS
Live Eye Movements Demonstration
The Language of EMDR
Protocols for Addiction, Children, DID, Adults
and Groups

Day Two: EMDR Level II The EMDR 8-Stage Protocol Practic- ing, Implementing Trauma Reduction Under Clini- cal Supervision

The 8 Phase Treatment Protocol in EMDR using
Tactile Stimulation
Real World Modifications treatment protocol
for Traumatic Injury or Complex PTSD, Complex
Stress NOS, gateway to trauma and more
Live demonstration, instruction and group
practice of the 8 stage protocol under clinical
supervision
Handling Abreactions
Floatback Technique
Cognitive Interweave
EMDR for Stabilization

Day Three: IBSR: Reprocessing Traumatic Memo- ries, The Somatism of Trauma & Neurophysiology for Advanced Bodymind Integration

Reprocessing Trauma w/ the 8 Phase IBSR
treatment protocol (Moolten)
IBSR filling the gaps where EMDR and others
fall short
Internal/external resourcing for clients
Bodymind "bottom up" method
IBSR Trauma Releasing Exercises (IBSR - TRE's)
BLS w/ IBSR instruction and demos
IBSR for debriefing, stabilization and more
IBSR group practice under clinical supervision

Objectives:

1. Identify the "Big Three" causes of trauma
2. Learn to recognize the symptoms of trauma; hyperarousal, disassociation, affect dysregulation, somatic response, body memories and flashbacks.
3. Define the Adaptive Information Processing Model & clinical research associated with EMDR.
4. Utilize EMDR & EMDR-Related Techniques to enhance your clinical practice.
5. Understand unhealthy Disassociation and when it occurs in order to safely bring the client back.
6. Learn and practice the 8 Phase EMDR protocol.
7. Practice alternating BiLateral Stimulation/Dual Attention Stimulation techniques using traditional EMDR and Non under clinical supervision.
8. Become confident in the use of EMDR - RT Related Techniques under clinical supervision.
9. Learn & Practice Somatic tools.
10. Interrupt Emotional Looping and Stress at its roots with the Cognitive Interweave and Curative Somatic techniques.

Presenter



Judith Moolten, founder and president of the Bodymind Institute – IBSR and Yoga Etc in Wheeling WV. A bodymind presenter a purveyor of creativity and verve, who will use her own expertise while utilizing videos, personal instruction, practice, case studies, discussion and more. Judith Moolten has the ability to teach in a way that keeps it simple and palatable for all. In addition to the seminar you will take home a manual with a plethora of techniques along with proven scientific research attesting to the efficacy of Eye Movement Desensitization and Reprocessing (EMDR) as well as Integration Based Stress Reduction (IBSR) A Myriad of Curative Somatic Tools within a Systematic Somatic Science Approach. Judith Moolten, MSW, YC, E-CRYT, MBT/ST, PhDc is an EMDR Level II practitioner, ordained humanistic minister, educator, facilitator, presenter, consultant, writer, Yoga Coach, Mind Body Therapist with an advanced degree in Somatic Therapy. Judith has used EMDR and IBSR with a variety of clients, including PTSD, Traumatic Injury, anxiety, panic, stress, chronic pain issues, eating disorders and for performance enhancement. After working for a veterans' rights organization, Judith soon discovered the need for integrative-based practices as well as somatic experiencing to transform lives and release the bodymind from pain and repeated injury. Judith is currently working on her book Yogamindfulness & IBSR utilizing effective tools for trauma including EMDR & more. She continues to write articles and conduct research on IBSR all the while consulting, training and coaching people in the protocols. Judith offers coaching, trainings and consulting via Skype, telemedicine and webinars in order to practice her transformative compassionate healing arts with all.



Bodymind Institute
www.bodymindinstitute-ibsr.com