



EMDR REFRESHER

The EMDR Refresher training is a two-day review of the EMDR Basic course designed to get clinicians who have previously completed an EMDRIA-approved training back on track with using EMDR in their practice. Maybe you haven't applied what you learned in the Basic EMDR course for some period of time, lack confidence in your EMDR skills, or wish to strengthen your understanding and practice of EMDR therapy.

This course will also introduce using EMDR to address Identity Based Trauma ("IBT"). IBT is the "psychological, emotional and physical responses to a distressing event or act where that event or act attacks, marginalizes or implicates one or more core identity factors (e.g., race, gender, sexual orientation) of the traumatized person."

Specific topics covered include:

- 8 Phases of EMDR
- Pendulation
- Resource Development Installation
- Recent Event Protocol
- Strategies for Blocked Processing
- Optimizing Dual Attention
- Cognitive/Clinical Interweaves
- Complex PTSD
- Brief introduction to Identity and Identity-Based Trauma

Virtual Training

January 27 – 28, 2022
10:00 am – 5:30 pm
(Eastern Time Zone)

Hosted on a Zoom platform

Presented by
Desyree Dixon, LCSW-C
Whew! Corporation,
An EMDRIA Approved EC Provider

Cost: \$ 425



Desyree Dixon, LCSW-C

Desyree Dixon is the Founder and CEO of Whew! Corporation, a Baltimore, MD based consulting firm that provides organizational psychological consulting, coaching, and training services in both the private and public sectors. She is also the Founder and CEO of Bolton Therapy & Wellness, a Baltimore, MD based private practice specializing in the treatment of complex trauma. Desyree is a political appointee to the Baltimore City Trauma Informed Care Task Force and the developer of Trauma Based Identity Dysphoria and Trauma Based Identity Dystimorphia, a treatment framework for Identity-Based Trauma (IBT).

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12 hours of EMDRIA-Approved credit hours are awarded at the completion of the course.

Whew! Corporation is an EMDRIA Approved Continuing Education Provider, EC No. 22001. Whew! Corporation is solely responsible for all aspects of the program. Please contact Desyree Dixon if special accommodations are required. This program complies with the Americans with Disabilities Act.