

**EMDR 5-Day Intensive with Sharon Meredith, R. Psych**

Sherwood Park, Alberta (Broadmoor Golf Course)

* Date January 22-26, 2024
* Time 8:00 AM to 5:30 PM daily
* Registration/website link
* <https://emdrconsulting.com/event/sherwood-park-ab-emdr-training-5-day-intensive-jan-2024/>
* Contact [info@emdrconsulting.com](mailto:info@emdrconsulting.com)
* Description EMDR 5-Day In-person Intensive: Level 1 and 2 all-inclusive EMDR training

This course meets all EMDR International Association requirements for an EMDR Basic Training Course, ie 20 hours of lectures, 20 hours of practice and 10 hours post-training of online consultation.

Integrating EMDR into your Clinical Practice teaches mental health clinicians the foundations of Eye Movement Desensitization and Reprocessing therapy through lectures, videos, demonstrations, and practice sessions.

At the completion of this course, participants will have applied the Adaptive Information Processing theory and the eight phases of EMDR therapy. Special instruction is given to the utilization of EMDR with a diversity of clinical populations, depending on the needs of each particular client. As well, this course teaches clinicians how to utilize EMDR in a telehealth environment.

Practicum coaches Brittany Meredith, Kirsten Ferguson, Bailey Puchy-Chartier, Kyle Poon, Daniella Sosdjan, Natalie Forcier