

**Praxis Continuing Education and Training by New Harbinger**  
In Joint Sponsorship with  
**The Parnell Institute**

**--CE Information Packet--**

**Attachment Focused EMDR Basic Training: Level 1-2**

**Laurel Parnell, PhD**

**At the Omega Institute**

**July 17-24, 2026**

***\*Please review the updated schedule at the end of this document***

**Target Audience:**

This course is applicable for 1) Licensed Psychologist, 2) Licensed Clinical Social Worker, 3) Licensed Marriage and Family Therapist, 4) Licensed Professional Counselor, 5) Licensed Psychiatrist, 6) Licensed Psychiatric Nursing, 7) Licensed Mental Health Practitioners, 8) Physicians. This course is at a beginner-intermediate level.

**Overall Objectives:**

*At the end of the course, participants will better:*

1. Name and define the five basic principles of Attachment-Focused EMDR.
2. Demonstrate EMDR procedural steps using the modified AF-EMDR protocol.
3. Discuss with clients the neurobiology of trauma and how EMDR works.
4. Construct and practice protocols and procedures for using AF-EMDR with a variety of clients and presenting problems.
5. Demonstrate the clinical application of EMDR and AF-EMDR concepts and procedural steps.
6. Evaluate client selection criteria and cautions necessary for safe use of AF-EMDR.
7. Identify techniques for working with blocked processing and strong emotional releases.
8. List methods for working with dissociation.
9. Organize a full history-taking from an A-F EMDR perspective.
10. Conceptualize cases and develop targets for AF-EMDR.
11. Apply the client-centered and culturally adaptive use of the Parnell Modified Protocol.
12. Utilize Resource development and installation in cases of challenging current life situations, blocked beliefs, or for performance enhancement.
13. Identify methods for developing inner resources used for interweaves and client closure.
14. Construct AF-EMDR targets using the bridging technique, including working with phobias.
15. Construct protocols and procedures for using AF-EMDR with clients with phobias.
16. Identify methods for developing inner resources used for interweaves and client closure.
17. Construct AF-EMDR targets using the bridging technique.
18. List how to integrate AF-EMDR into clinical practice with a range of clients and presenting problems.
19. Explore tools and EMDR adaptations to support those with diverse cultural background.
20. Explain how intergenerational and ancestral traumas can be targeted and reprocessed with AF-EMDR.
21. Identify at least two culturally sensitive EMDR adaptations.

22. Identify strategies for culturally responsive interventions that will promote efficacy in using AF-EMDR.
23. Identify how to integrate AF-EMDR modifications to work with specific cultures.
24. Use two protocols for working with recent traumas cross-culturally.
25. Identify ways to learn if your client has medical procedure trauma and discuss how to use AF-EMDR for these clients.
26. Explain and discuss the professional, legal, and ethical issues including scope of practice, consent, and standards of practice.
27. Explain the abreaction and how to manage this during EMDR processing.
28. Demonstrate and practice EMDR Therapy session body scan, closure followed by a re-assess the target the next session.
29. Practice screening for dissociation.
30. Distinguish between a recent traumatic experience and developmental trauma.

**CE Information: This live in-person course is approved for 40.75 contact hours.**

**To earn CE credit, attendees must complete all live sessions of the activity in full. If it is an in-person activity, participants must sign in and out daily. No partial credit will be awarded if sessions are missed. Upon completion of all sessions and submission of the evaluation, you will be able to print or download your CE certificate at the conclusion of the course. The Parnell Institute will provide you with a link to access your evaluation and certificate at the conclusion of the activity.**

This professional continuing education activity was sponsored by Praxis Continuing Education and Training by New Harbinger and co-sponsored by the Parnell Institute. Praxis Continuing Education and Training by New Harbinger, who has been approved as a provider of continuing education by the organizations listed below, maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed below. This live webinar activity is approved for 40.75 CE hours.

Joint Accreditation: In support of improving patient care, Praxis Continuing Education and Training, Inc is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



IPCE: This activity was planned by and for the healthcare team, and learners will receive 40.75 Interprofessional Continuing Education (IPCE) credit for learning and change.



Nursing: Praxis Continuing Education and Training by New Harbinger designates this activity for a maximum of 40.75 ANCC contact hours.

Physicians: Praxis Continuing Education and Training by New Harbinger designates this live activity for a maximum of 40.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibly for the content of the programs.



Social Workers: As a Jointly Accredited Organization, Praxis Continuing Education and Training by New Harbinger is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 40.75 clinical continuing education credits.

NY Social Workers: Praxis Continuing Education and Training by New Harbinger 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-0467

NY Counselors: Praxis Continuing Education and Training by New Harbinger is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0198.

NY Psychologists: Praxis Continuing Education and Training by New Harbinger is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0002.

**Disclosure Information:**

Praxis Continuing Education and Training by New Harbinger is responsible for the content, quality and scientific integrity of all CE/CME activities certified for credit. When an educational activity is offered for medical (CME), Nursing (ANCC) and/or Psychology (APA) continuing education credit, participants must be informed as to the source, amount, nature, and disposition of any funding used to support the activity, whether in the form of educational grants, cash contributions, or in-kind contributions. Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with ineligible companies.

We define ineligible companies as those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no minimum financial threshold; individuals must disclose all financial relationships, regardless of the amount, with ineligible companies. We ask that disclosures are made regardless of whether the individual views the financial relationships as relevant to the education. For more information on the Standards for Integrity and Independence in Accredited Continuing Education, please visit [accme.org/standards](http://accme.org/standards).

All those in a position to control the content of an education activity are asked to disclose any relevant financial relationships they have with any ineligible companies.

*There is no commercial support for this activity.*

*None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.*

## **References:**

1. Lipscomb, A., & Ashley, W. (2021). A critical analysis of the utilization of eye movement desensitization and reprocessing (EMDR) psychotherapy with African American clients. *Journal of Human Services: Training, Research, and Practice*, 7(1).
2. Cuijpers, P., van Veen, S. C., Sijbrandij, M., Yoder, W., & Cristea, I. A. (2020). Eye movement desensitization and reprocessing for mental health problems: A systematic review and meta-analysis. *Cognitive Behaviour Therapy*, 49(3), 165–180. <https://doi.org/10.1080/16506073.2019.1703801>
3. Kaptan, S. K., Dursun, B. O., Knowles, M., Husain, N., & Varese, F. (2021). Group eye movement desensitization and reprocessing interventions in adults and children: A systematic review of randomized and nonrandomized trials. *Clinical Psychology & Psychotherapy*, 28(4), 784–806. <https://doi.org/10.1002/cpp.2549>
4. Marich, J., Dekker, D., Riley, M., & O'Brien, A. (2020). Qualitative research in EMDR therapy: Exploring the individual experience of the how and why. *Journal of EMDR Practice and Research*, 14(3), 118–134.
5. Karadağ, M., Gökçen, C., & Sarp, A. S. (2020). EMDR therapy in children and adolescents who have posttraumatic stress disorder: A six-week follow-up study. *International Journal of Psychiatry in Clinical Practice*, 24(1), 77–82. <https://doi.org/10.1080/13651501.2019.1682171>
6. Sepehry, A. A., Lam, K., Sheppard, M., Guirguis-Younger, M., & Maglio, A. S. (2021). EMDR for depression: A meta-analysis and systematic review. *Journal of EMDR Practice and Research*, 15(1), 2–17. <https://doi.org/10.1891/EMDR-D-20-00038>
7. Whitehouse, J. (2021). What do clients say about their experiences of EMDR in the research literature? A systematic review and thematic synthesis of qualitative research papers. *European Journal of Trauma & Dissociation*, 5(3), Article 100104. <https://doi.org/10.1016/j.ejtd.2021.100104>
8. Yunitri, N., Kao, C.-C., Chu, H., Voss, J., Chiu, H.-L., Liu, D., Shen, S.-T., Chang, P.-C., Kang, X. L., & Chou, K.-R. (2020). The effectiveness of eye movement desensitization and reprocessing toward anxiety disorder: A meta-analysis of randomized controlled trials. *Journal of Psychiatric Research*, 123, 102–113. <https://doi.org/10.1016/j.jpsychires.2020.01.005>
9. Parnell, L. (2020). *A therapist's guide to EMDR: Tools and techniques for successful treatment* (Audiobook). Audible.
10. Parnell, L. (2019). *Rewiring the addicted brain with EMDR-based treatment*. W. W. Norton & Company.

## **Additional Information:**

The grievance policy for trainings provided by the Parnell Institute and Laurel Parnell is [available here](#).

ADA Accommodations: Request accommodations must be 60 days before the start of the program, contact [Parnellinstitute@gmail.com](mailto:Parnellinstitute@gmail.com)

# AF-EMDR Comprehensive Training (Parts 1 & 2)

Location: Omega Institute

Instructor: Laurel Parnell, Ph.D.

Websites: [www.drLaurelParnell.com](http://www.drLaurelParnell.com) | [www.parnellinstitute.com](http://www.parnellinstitute.com)

## Friday

7:00 – 9:00 pm Group Introductions, Introduction to EMDR, History and Development of EMDR

## Saturday

9:00 – 10:30 am Meditation; EMDR Research; Theoretical Model; Neurobiology of Trauma (Lecture)

10:30 – 10:50 am Break\*

10:50 – 12:00 pm Continue Morning Lecture; Neurobiology of Trauma

12:00 – 1:30 pm Lunch\*

1:30 – 2:45 pm Introduction to Resource Installation; Assessment Phase; AF-EMDR Demonstration

2:45 – 3:45 pm AF-EMDR Demonstration – Resource Development Demo

3:45 – 4:05 pm Break\*

4:05 – 6:00 pm **Practicum I:** Resource Tapping Practice – Four Foundational Resources

## Sunday

9:00 – 10:30 am Meditation; Introduction to the Eight Phases of Treatment with AF-EMDR Protocol

10:30 – 10:50 am Break\*

10:50 – 12:00 pm Demonstration; Questions and Discussion

12:00 – 1:30 pm Lunch\*

1:30 – 2:20 pm Procedural Steps; Introduction to Desensitization

2:20 – 3:00 pm Group Practice – Vignettes

3:00 – 3:15 pm Break\*

3:15 – 6:00 pm **Practicum II:** Higher SUDS trauma

## Monday

Morning Free\*

1:00 – 2:45 pm Lecture: Case Formulation and Three-Pronged Protocol

2:45 – 3:00 pm Break\*

3:00 – 6:00 pm **Practicum III:** Anxiety or Behavior

## Tuesday

9:00 – 10:30 am Meditation; Lecture: Working with Blocked Processing using Interweaves

10:30 – 10:50 am Break\*

10:50 – 12:00 pm Demonstration; Questions and Discussion

12:00 – 1:30 pm Lunch\*

1:30 – 2:00 pm Questions

2:00 – 2:45 pm Group Interweaves Practicum

2:45 – 3:00 pm Break\*

3:00 – 6:00 pm **Practicum IV:** Higher SUDS trauma; Childhood trauma

## Wednesday

9:00 – 10:30 am Meditation; Developing EMDR Targets; Bridging Technique; Working with Phobias

10:30 – 10:50 am Break\*

10:50 – 12:00 pm	Demonstration; Questions and Discussion
12:00 – 1:30 pm	Lunch*
1:30 – 2:45 pm	Bridging from Body Sensations, Emotions, Cognitions, Behaviors
2:45 – 3:00 pm	Break*
3:00 – 6:00 pm	<b>Practicum V: Phobias and Bridging</b>

**Thursday**

Morning	Free*
1:00 – 2:45 pm	Lecture: Processing Difficulties; Review AF-EMDR with Bridging
2:45 – 3:00 pm	Break*
3:00 – 6:00 pm	<b>Practicum VI: Higher SUDS and Childhood Trauma</b>

**Friday**

9:00 – 10:45 am	Lovingkindness Meditation; Integrating EMDR into Practice; Therapist Self-Care
10:45 – 11:00 am	Break*
11:00 – 12:00 pm	Closing Circle*

\*Does not qualify for CE