



Daniel Mitchell PhD is a psychologist at a busy medical practice in Central Vermont. He has advanced training in Mindfulness-Based Stress Reduction, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Dialectical Behavior Therapy and is an EMDRIA-approved EMDR consultant and trainer. He has been in practice since 2002 in a variety of settings including community mental health, medical settings, school-based practices, and corrections and employs a fully integrated Mind-Body Medicine approach to both his professional and personal practice. Dan has also had a passion for clinicians in “the trenches” of mental healthcare, a driving force behind his desire to teach others techniques and processes that have made his job more rewarding and have improved outcomes for his patients.

Dan is a Vermont State Licensed Psychologist - #048-0058348

#### **Continuing Education for EMDR Basic-Trained clinicians including:**

Psychologists, Mental Health Counselors, Social Workers, Addictions Counselors, Marriage and Family Therapists, Nurses, Psychiatrists

**To register, contact Dan Mitchell at [drmpd@gmail.com](mailto:drmpd@gmail.com)**

**196 Auger Dr. Moretown, VT 05660**

**315-777-7141**

**[www.EMDR-Retreat.weebly.com](http://www.EMDR-Retreat.weebly.com)**

**EMDRIA-approved for 4 credit hours**

**Approval number #19021-04**

**This is a highly participatory, practicum-based live webinar training**

- Completion of EMDR Basic Training is required
- Completion of Flash Technique training is highly recommended

# Techniques for Gentle Desensitization in EMDR



- ◆ Help patients prepare for desensitization and stay in their window of tolerance
- ◆ Be able to find and work with positive targets that are “tainted”
- ◆ Learn new and innovative methods for gentle desensitization
- ◆ Learn effective interweaves to help address blocking beliefs and other stuck points

## **LIVE WEBINAR DATES:**

**Friday December 17th 8am—12:15 EST**

**Friday December 17th 1pm-5:15pm EST**

**Location : Zoom Webinar**

**Cost: \$95**

## Learning Objectives

Expand your toolbox of resources/coping skills with a greater confidence of which to use depending on the circumstances

Develop a greater understanding of the window of tolerance and how to gently expand that window for your patients

Learn to identify and maximize positive targets through target enhancement

Learn how to enhance positive memories that are “tainted”

Develop the ability to truncate targets, and use newer innovative techniques to desensitize targets

Learn about some of the latest interweaves to help patients get unstuck.

## Outline

### Resource Development and Target Planning: 1st Hour

- ◆ Window of Tolerance: Hyperarousal vs Hypoarousal
- ◆ Beyond the staples of standard resourcing
- ◆ Importance of identifying and enhancing positive targets
- ◆ Importance of cognitions in target preparation

### Dipping the toe in the pool: 2nd Hour

- ◆ Truncating Targets (positive and disturbing)
- ◆ EMD, EMDr and EMDR
- ◆ Practicum

### Innovations in Desensitization: 3rd Hour

- ◆ The Flash Technique
- ◆ One-Eye Node
- ◆ Transitioning into standard EMDR desensitization

### Interweaves and complex cases: 4th Hour

- ◆ Learn the “disbelief interweave”
- ◆ Two-handed Interweave to address blocking beliefs
- ◆ Navigating complex cases
- ◆ Q&A

## How to Register:

### Step 1: Make a payment using one of 3 options:

- Pay using Venmo (preferred) **@Dan-Mitchell-77** (make sure you indicate “Gentle EMDR” the date of training and TIME of training in the notes section)
- Request a SquareSpace invoice by emailing me [drmphd@gmail.com](mailto:drmphd@gmail.com) (includes an additional \$4 USD services fee)
- Mail a personal check to:

Dan Mitchell PhD

196 Auger Dr.

Moretown, Vermont 05560 USA

**Step 2: You will receive an email from me with instructions, the zoom link, attachments, and contact information in case you have technical difficulties the day of training.**

**You can also find the description for this training on EMDRIA website:**

<https://www.emdria.org/event/techniques-for-gentle-desensitization-in-emdr-november-2021/>

**Please email me if you have any questions!**