



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 EMDRIA-certified in Eye Movement Desensitization and

Reprocessing (EMDR) as a clinician, consultant and facilitator/trainer. He has been in practice for over 15 years 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

Study at your own pace!

3-hour pre-recorded webinar

EMDRIA 3.0 credits - Approval number 19021-DL08

EMDRIA credit provider #19021

Continuing Education for EMDR Basic-Trained Clinicians

To register, contact Dan Mitchell at

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\$65 USD

Greasing the Wheels for EMDR: Practical, Ethical and Safe Target Planning

In this workshop, participants will learn new innovative methods for resourcing, practical target planning, and learn the Flash Technique for use in preparation for desensitization while the patient maintains the ability to stay in their affective window of tolerance. This workshop will be most useful for EMDR clinicians who have patients who are having difficulty getting to the desensitization process (phases 3-7) due to many reasons including not being able to tolerate the prospect of processing their trauma experiences.

These objectives will be accomplished through a recorded webinar including lecture and demonstration videos.

Learning Objectives

- **Learn to identify and maximize positive targets through target enhancement and Resourcing simultaneously**
- **Effectively identify targets in planning while helping the patient stay in their window of tolerance**
- **Understand and utilize chronological treatment planning and when to deviate (at least three reasons)**
- **Learn the Flash Technique for gentle desensitization and when to use it**
- **Learn methods to address avoidance and mitigate the “Talk Therapy Vortex”**

Learn the Flash Technique