

EMDR Association of Australia invites you to the lunch and learn webinar

Optimizing Target Selection in EMDR Therapy: Where do we start, and why?

hosted by Liam Spicer

“When do I know someone is ready for processing?”, and “Where should we start?”. Much discussion has occurred based on peer-reviewed clinical evidence around the role and need for stabilisation, however in this presentation, Liam Spicer will guide clinicians through the various routes of target selection, aiming to generate discussion not just about when and where we start EMDR processing, but importantly the why are we starting here.

Learning Objectives:

- To understand the different transdiagnostic routes for EMDR target selection, and how to choose what target to start with based on a client’s current capacity, symptoms, and therapeutic goals.
- To understand how and why we should use various modified, restricted, or alternative protocols as needed leaning on the work of Roy Kiesslings processing continuum, Dolores Mosquera’s progressive approach, the use of the Silent (Blind 2 Therapist) protocol and the work of Ad De Jongh and colleagues.
- To encourage EMDR therapists to think creatively on where we should start processing, emphasising the transdiagnostic benefits of EMDR therapy and how more efficient and effective clinical change can come from optimizing the target selection process.



Wednesday, 3 July 2024

12:00pm - 1:30pm (AEST)

To register, log into the member section on emdraa.org and join via the link under ‘upcoming events’



For information please contact conference@emdraa.org



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Complimentary attendance*