



AGENDA

Principles of EMDR Therapy: Research, Neurobiology and Clinical Applications Alicia Avila, LCSW

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| 9:00-9:10 | Welcome and Introduction |
| 9:10- 10:30 | Trauma and Adverse Life Events
Adult-Onset Trauma and Developmental Trauma
Single Incident and Chronic Events
Community, Culture and Belonging |
| 10:30-10:40 | Morning Break |
| 10:40-12:10 | The Adaptive Information Processing Model (AIP)
Neurobiology of Trauma and Healing
Components of Memory
Tracking Memory Networks |
| 12:10-12:50 | Lunch |
| 12:50-2:20 | EMDR's 3 Prongs & 8 Phases
EMDR Therapy Sample video
Neurobiologically Informed Interventions
Integrating Body and Emotional Awareness |
| 2:20-2:30 | Afternoon Break |
| 2:30-4:00 | Improving Access to Resource States
Resource Development and Installation (RDI)
RDI Demonstration
EMDR Therapy referrals, collaboration, and EMDR training
Summary and questions |