

Lynda Majure Ruf, EdS

Licensed Marriage & Family Therapist Licensed Mental Health Counselor
EMDRIA Approved Trainer, Consultant & Certified Therapist in EMDR

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Thank you for your interest in attending an EMDR training with me.

It's All About Choices, an EMDRIA-approved training includes the following:

- Traumatology, attachment & neurobiology overview
- Extensive and specific training in EMDR's eight phases and three prongs
- Case Conceptualization through the lens of Adaptive Information Processing
- EMDR Treatment Planning
- Resource development strategies
- Advanced procedures in processing interweaves including parts work and somatic focus
- Introduction to working with clients on the dissociative spectrum, children and couples
- EMDR therapy applied to addictions, anxiety & phobias, illnesses & somatic disorders, grief, complex PTSD and military and first responders
- Group consultation (10 hours), fees included
- Three practicums per session (total of six for the entire training)
- Small group practicum size (max 10 people per group, working in dyads)
- Complete Course Training Manual

If you choose to do it in 2, 3-day weekends, this is the schedule:

Days 1 & 2 – 8:30 – 5:00, Day 3 – 8:30 – 4:00

The schedule for the six day intensive is:

Days 1, 2, 4, 5 – 8:30 – 5:00, Days 3 & 6 – 8:30 – 4:00

Breaks: 10:00 – 10:15, lunch 12:00pm – 1:00, 15 minute break in the afternoon as needed

The complete training, which includes the required 10 hours of consultation, is \$1000.00 per participant who is a full-time not-for-profit therapist, registered intern, or graduate student in an internship experience (with the supervisor's approval). The inclusive fee is \$1400.00 for private practice clinicians. Optional CEUs are available through R. Cassidy.

EMDRIA requires completion of the training within two years of initial training date.

If you have any questions, please don't hesitate to contact me at lruf@me.com.

I look forward to working with you,

Lynda