

Eye Movement Integration

*Treating PTSD, Phobia &
Fear Resulting from Critical Incidents*

December 5 & 6, 2009

PROGRAM DETAILS

EYE MOVEMENT INTEGRATION™ (EMI) is a brief, very effective approach which produces lasting therapeutic outcomes. Learn to treat PTSD, phobia, the anxiety associated with addictions, and to deal successfully with fear resulting from recent crises--- often in a single session.

EMI, is an uncomplicated, yet highly effective eye movement desensitization technique. Unlike other methods, EMI is considerate of the client's integrity and does not require regression. Therefore, it is designed to avoid the concerns of false memory and/or the possibility of re-traumatizing the client.

Managed Care. The economics of managed care are demanding short-term treatment. Current research continues to demonstrate that time-limited therapy can be as effective for many issues as more established lengthy approaches. Until recently, clients who attended only a few sessions were usually labeled as drop-outs or were often considered "not ready" for therapy. We now know better methods were needed. The Eye Movement Integration intervention is a better method. It will often allow you to produce lasting results in just one to three sessions.

In this workshop you will learn:

- The principles on which EMI is based and the essential skills required to utilize the technique successfully.
- How to gather and organize the required information from the client and how to use the EMI method as a short-term treatment.
- How to individualize the EMI approach to fit each client's unique needs.
- How to use several additional methods including Visual-Kinesthetic Dissociation and Pattern Interruption techniques when EMI is unproductive.

THE BENEFIT

Brief Treatment for Lasting Results™

Eye Movement Integration™ (EMI) is a practical, short-term intervention for treating *phobia, post-traumatic stress, the anxiety associated with addictions and critical incidents*. Also, the EMI technique can be paired with other methods when treating other clinical issues. The EMI approach is "client centered", contractual and encourages the client to use his/her own strengths and personal resources.

Why attend this workshop? Because, you want step-by-step instruction in effective methods. And you want supervised practice in these skills and techniques, so you can put them to immediate use in your work with clients.

What's different about this training? The instructor is fully committed to teaching. Therefore the focus is on training you to use these brief therapy methods, not just showing how well the trainer can do demonstrations. Your training will consist of lectures, demonstrations and exercises in small groups, where you will learn the elements and the structure of the Eye Movement Integration intervention. There will be ample time to practice EMI with your colleagues.

Research conducted in 1994-95 by Charles R. Figley, Ph.D., at the University of Florida, investigated a number of interventions for treating PTSD, anxiety and

phobia. The approaches which were found to be the most effective involved Eye Movement techniques, Trigger-Point stimulation and Visual-Kinesthetic Dissociation (V/K-D). In this seminar you will learn the EMI approach, which includes V/K-D, as well as several additional pattern interruption techniques and the NLP Visual-Kinesthetic Dissociation method.

SEMINAR LOCATION & DATES

December 5 & 6, 2009

Baltimore Behavioral Health (BBH)

1001 West Pratt Street

Baltimore, MD 21223

Phone: Ms. Dixon at 410- 962-7180 X 321

jdixon@bbhtx.org

Seminar Schedule

Both Days

8:15 - 8:30 AM	Registration
8:30 - 10:45 AM	Instruction & Practice
10:45 - 11:00 AM	Break
11:00 - 12:30 PM	Instruction & Practice
12:30 - 1:30 PM	Lunch (PROVIDED)
1:30 - 3:30 PM	Instruction & Practice
3:30 - 3:45 PM	Break
3:45 - 5:30 PM	Instruction & Practice

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Lodging

Holiday Inn - Inner Harbor 301 West Lombard Street

Baltimore, MD 21201

Phone: 800-315-2621 410-685-3500

Room rate: \$129.00 Single/Double

Note: Holiday Inn Inner Harbor - Make sleeping room arrangements on your own. Please contact the Holiday Inn as soon as possible to make your reservation and to be sure you get the special \$129.00 rates. Inform the reservation clerk that you are registering for the Baltimore Behavioral Health Seminar. When you call, or register online ([Holiday Inn - Inner Harbor](#)) use BBH Corporate Account Number 100251683. Please call Ron Klein on his cell if you experience any difficulty making your hotel reservation at the \$129.00 rate: 301-523-5659. Nonetheless, make your reservation immediately, and I'll call the hotel to make sure you get the \$129.00 rate. If the Holiday Inn is sold out, they have agreed to help you find a comparable room rate.

THE TRAINER

RON KLEIN, M.C.S, NBCCH, is a National Board Certified Clinical Hypnotherapist, a Certified Trainer of Neuro-Linguistic Programming (NLP). He is a nationally recognized teacher of clinical hypnosis and brief solution-focused psychotherapy. Ron has twenty nine years experience as a counselor and teacher.

He has presented hundreds of workshops and provided training to more than 5200 mental health and health care professionals.

CERTIFICATION

Continuing Education: 15 hours. A C.E. certificate of attendance is also provided. C.E. is provided by the co-sponsor, the American Hypnosis Training Academy, Inc. (AHTA). AHTA is an approved provider by the American Psychological

Association to offer C.E. for psychologists, the National Board for Certified Counselors (it is the responsibility of the provider to abide by NBCC guidelines) and the National Association of Social Workers (258 CMR.31.00, D20, 641).

REGISTRATION

Fee: \$199.00 with registration, \$229.00 at the door.

The fee includes all handout materials and refreshments. A refund, less a \$45.00 fee, will be made when a written request to withdraw from the program is postmarked (certified mail) at least 15 days prior to the event. After that date, the full tuition paid will be non-refundable, but can be credited to a future EMI enrollment. Lodging is the responsibility of the participant. In the unlikely event a workshop is canceled, full tuition refund will be made. BBH/AHTA, assumes no responsibility for any further expenses incurred by enrollees. If you require special assistance, please contact the registrar to inform him/her of your special needs by calling 410-962-7180 X 321

To enroll, fill out our ONLINE REGISTRATION FORM at regonline.com/emi2009 or call 410-962-7180 EXT 321.

Please make checks payable to:

**Baltimore Behavioral Health
Accounting Department
200 S. Arlington Avenue
Baltimore, MD 21223**

Payments made by check to Baltimore Behavioral Health that are not honored by the bank will incur a returned check fee of \$30. A collection letter will be sent to inform the account holder of the returned check and consequences if not paid within 10 business days. Payments for returned checks are to be mailed to:

Baltimore Behavioral Health
Accounting Department
200 S. Arlington Avenue
Baltimore, MD 21223

Returned check reimbursement payments must be in the form of cash, cashier's check, certified check or money order.

PARTICIPANT COMMENTS

"I was troubled by PTSD that was causing me increasing distress despite years of psychotherapy. I volunteered to be a demonstration subject and after the EMI intervention, the response is gone. It has been two months since the seminar and I have had no recurrence. It is wonderful!"

L. Merl, LICSW

"I have training in both EMDR and EMI. What I discovered when I attended the EMI seminar, is that EMI is easier on the client and preferable in my opinion. I, myself was paired with another student during the work shop. During that practice session, I went from having a dread of public speaking to a feeling of pleasant anticipation. I am now comfortable when speaking to groups and respond to the audience and the situation appropriately."

Nancy Montagna, Ph.D.

"As it happens, I had a client two days following the Eye Movement Integration (EMI) weekend workshop you presented in Baltimore, at the Baltimore Behavioral Health training site. I had previously seen this client and knew about

her childhood trauma prior to attending the workshop. Needless to say, I was delighted to attend the workshop, get the information on EMI and the opportunity to practice the method with my fellow participants.

During the session with this client, I noticed her subtle non-verbal behavioral cues, or what you referred to as "Behavioral Manifestations of Internal Responses (BMIRS)." Even though some of her BMIRS were not very pronounced, her yes and no cues were readily discernible and I could easily reference her past and future. I was glad I had a way to be fairly sure she was willing to commit to the EMI procedure unequivocally, as indicated by the fact that her verbal and non-verbal "yeses" were congruent. Also, having a sense of the direction of her future spatial orientation made it much easier to keep her solution-focused.

At first, as I guided her through the various eye movement patterns, I pondered if she was saying that her feelings of anxiety were diminishing just because I was asking questions about changes in her mental representation of the memory of her childhood trauma after each set. You had said that the act of asking about any changes was suggestive in-of-itself. As I guided her eye movements to the auditory remembered region that you talked about during the workshop, and paired that movement to several other points to the left and right side of her head something dramatic seemed to be happening. After several of these paired movements, she made an exaggerated facial expression, caught her breath, and exclaimed that the most terrifying sound that had been part of her remembered traumatic experience was completely gone and the associated fear had disappeared. She then began to cry. When I inquired about the meaning of her tears, she said they were good tears, and that they were in response to the relief she felt by escaping from the agony that had plagued her for some 37 years.

During this same appointment, her husband was also present. As there was almost 20 minutes remaining in the session, we went on to address some

interpersonal matters between him and his wife. As a result of the change the wife made with the EMI technique, she expressed herself with more confidence, and they both went on to make some interpersonal communication breakthroughs. Furthermore, I sensed that their relationship had improved considerably before they left at the end of the session. Thank you on her behalf of myself, my client, and her husband."

Bill Neely

"After an accident in which it spun out on ice and hit a guardrail, I began to experience panic attacks while driving regardless the road conditions. At the EMI training seminar, I volunteered to be a demonstration subject for the Eye Movement Integration procedure. The demonstration took less than 20 minutes including follow-up discussion with the class members. I continue to be amazed at the ongoing benefit. I now drive with appropriate caution for the road conditions instead of experiencing panic as I did before attending the EMI program."

Susan Zorn, Ph.D.

"On my return to ConUS (Continental United States) from Viet Nam as a Marine Corps Sgt., I found I could not sleep unless every light in the house was left on and I became combative if anyone touched me when my eyes were closed. I don't remember much from my experience of working with Ron other than doing EMI and V/K-D during the session. After the seminar, I was able to turn out the kitchen light, then the light in the hallway, and then my wife placed a night light in the bedroom, and now all the lights in the house are out except a small bulb in the kitchen. Amazingly, I can now be touched when my eyes are closed without putting anyone in danger. My flashback was the result of being seriously wounded while asleep and I hadn't zipped my metal jacket. In addition to having been relieved of my PTSD, the enduring lesson I needed to honor, was that what I need to always remember is to use protective equipment whenever it is

appropriate. I now use seat belts at all times and so do other members of my family."

Tom Pirnie, Ph.D.