

## Registration Form

Cost: \_\_\_\_\_\$335 (early bird discount if  
registered by Sept. 16, 2015)  
\_\_\_\_\_ \$385 (after Sept. 16, 2015)

\_\_\_\_\_  
Name (Please Print)

\_\_\_\_\_  
Company/Agency

\_\_\_\_\_  
Address (Street/PO Box)

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
Phone

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Birthday

\_\_\_\_\_  
Email

Method of Payment::

Check Enclosed   MasterCard   Visa   Discover

\_\_\_\_\_  
Credit Card #

Exp. Date \_\_\_\_\_ Zip Code for Card \_\_\_\_\_

\_\_\_\_\_  
Name on Card (Print)

\_\_\_\_\_  
Signature

Register online at [www.lmep.com/tap](http://www.lmep.com/tap)

Fax: 402-483-2882

Mail: TAP Program, 4600 Valley Road, Lincoln, NE 68510

This workshop is held in facilities which are in compliance with The Americans with Disabilities Act. Please contact TAP if special accommodations are required.

Full completion of an EMDRIA approved Basic EMDR Training is required.

## Eligibility Requirements

This EMDR workshop is limited to EMDR trained therapists who have completed EMDR Therapy Basic Training (Part 1 & Part 2, w/consultation) from an EMDRIA Approved trainer (to include the EMDR Institute and HAP/Trauma Recovery).

If verification of completion of the EMDR Therapy Basic Training cannot be obtained from the EMDRIA or EMDR Institute's websites, participants will need to fax, mail, or e-mail a copy of the certificate of completion to the workshop sponsor:

Brenda Rohren  
Behavioral Health Resources, LLC  
7441 O Street, Suite 107  
Lincoln, Nebraska 68510  
Tel: 402.486.1101  
Fax: 402.486.4342  
[brenda@bhr-llc.com](mailto:brenda@bhr-llc.com)

**"EMDR...can target the cultural transmission of racism, sexism, class expectations, and the increasingly narrow parameters of acceptable appearance, interests and personality. It can also transform the effects of the generational transmission of destructive beliefs, identities and emotional states... We can help people accept themselves even when they are bombarded with external messages that they are unacceptable."**  
**Robin Shapiro EMDR Solutions II**

Networking opportunities are available with other newly trained and experienced EMDR therapists. Consider joining an EMDRIA Regional Network.  
Visit: [www.sene-emdria.org](http://www.sene-emdria.org)

**Southeast Nebraska  
EMDRIA Regional Network**

Conference Services by :

**TRAINING FOR  
ADDICTION  
PROFESSIONALS**

## CULTURAL COMPETENCE WITH HEALING CULTURALLY-BASED TRAUMA WITH EMDR THERAPY

*THEORY, STRATEGIES AND  
PRACTICUM EXPERIENCE*

**October 14-15, 2016**

### Location of Training

LMEP

4600 Valley Road  
Lincoln NE

Registration: 8:00—8:30 am

Training Time: 8:30 am—4:00 pm

**\$335\***

**\*Early Bird Special if paid by  
September 16, 2016 (\$385  
after Sept. 16, 2016)**

EMDRIA Approved Consultant, HAP  
Trainer and EMDRIA Regional Coordinator of Western Massachusetts:

**Mark Nickerson, LICSW**  
Psychotherapist in Amherst, MA

This training is sponsored by:



**BEHAVIORAL HEALTH RESOURCES, LLC**  
*Management Consulting and Clinical Services*



## CULTURAL COMPETENCE & HEALING CULTURALLY-BASED TRAUMA w/EMDR THERAPY—OCT 14-15, 2016

### **Training Description**

Cultural experiences and societal dynamics, for better and for worse, are fundamental dimensions of every human being's life and should be integrated into a general clinical approach. For many people, personal identity is intertwined with social identity and the welfare of one's cultural groups. Culturally linked experiences and values can be sources of great meaning and sustaining personal resources. At the same time, hostile social forces of discrimination, stigmatization and oppression can define or confine an individual's sense of self and position in society. Whether explicit or more implicit, the many "isms" that persist in the world can limit human potential and threaten fundamental human dignity.

The impact of culturally based trauma can be understood and treated effectively with added awareness and specific strategies throughout the 8-Phase EMDR treatment approach. This workshop will help identify client manifestations of internalized stigma/oppression and externalized prejudice toward others as they link to client difficulties. Keys to assessment, preparation and target selection will be covered.

Research supported information and theory from the fields of social psychology and social work will be integrated within the AIP model to predict the profound and unique capacity EMDR therapy offers for addressing culturally based trauma.

Relevant theory and practical strategies will be illuminated by case examples including clips from video-taped clinical sessions.

### **Theory and Practice:**

This will be an active learning experience. In addition to the didactic presentations and discussion, multiple practicum experiences will allow for deeper exploration of the core concepts and treatment strategies.

### **Content includes:**

- Steps to develop cultural competence
- Welcoming culture into psychotherapy
- The hidden importance of culture
- Understanding internalized social trauma
- Enriched AIP understanding of social information processing
- Methods to enhance and restore social dignity
- Considerations across the 8 Phase Protocol
- Effective Phase 1 Assessment questions
- Identifying culturally influenced beliefs
- Target selection strategies
- Innovative protocols
- Special considerations for various cultural populations
- Video case examples

### **Integrated Theory and Research from the fields of social work and social psychology including:**

- Evolution of social categorization
- Impact of social identity: benefits and difficulties
- "In-group"/"Out-group" implications
- "Higher status"/"Lower status" implications
- MRI findings in the prejudicial response
- Research on desensitization strategies
- Conclusion: EMDR can make a big difference

### **Objectives**

Participants at this workshop will be able to:

1. Describe core concepts of cultural competence and how to integrate them into EMDR therapy.
2. Describe the relevance of cultural experiences and social identities to overall client wellbeing.
3. Describe strategies to incorporate social identities in EMDR treatment.
4. Integrate cultural considerations into assessment and case formulation.
5. Describe treatment strategies to identify and reprocess culturally-based trauma including the internalized impact of discrimination/stigmatization/oppression.
6. Describe strategies to identify and dismantle social prejudice with EMDR therapy.

### **Continuing Education Credits**

**CEU's: 12 hours**—for Licensed mental Health Practitioners, Social Workers. Other professionals may use this certificate to claim continuing education hours through their certifying body. The length of this program is 720 minutes.

### **12 hours of EMDRIA credit Pending**

Mark Nickerson, LICSW Maintains responsibility for this program and its content in accordance with EMDRIA standards.

**12 hours approved for the Supreme Court of Nebraska, Office of Probation Administration's Registered Service Providers List.**

Partial credit for attendance will not be granted

Please contact the workshop sponsor, Brenda Rohren (402-486-1101 or [brenda@bhr-lic.com](mailto:brenda@bhr-lic.com)) with any questions about the workshop.

### **Cancellation Policy:**

Full Refund – Cancel within 72 hours of registration

\$85 Cancellation Fee — Cancel after 72 hours of registration, but before training begins

No Refund—No Show or Cancel after training begins

### **Instructor:**

Mark Nickerson, LICSW, a psychotherapist in Amherst, MA, is an EMDR Approved Consultant, EMDR Institute and HAP Basic and Advanced Trainer, and 2014 President of the EMDR International Association. He conducts advanced EMDR trainings on topics including treatment for problem behaviors, problematic anger and violence, addictions, cultural competency, and the effective use of EMDR protocols. He has developed award winning innovative programs designed to reduce and resolve interpersonal conflict. He is author of *The Wounds Within*, an expose on the challenges for war veterans and their families, and *Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy: Insights, Strategies and Protocols* (2016-in press). [marknickerson.com](http://marknickerson.com). Mark has trained EMDR practitioners throughout the US as well as in Brazil and several European countries.

