

# CANADIAN EMDR WORKSHOP

(June 2022)

Format	Date
Live Webinar	July 15, 2022
Live Webinar	March 24, 2023

**Presenter:**

Barbara Horne MASc, RP, RMFT, EMDRIA-Approved Consultant & Trainer  
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**Fee:** \$120 plus HST (\$135.60) CAN

**Prerequisite:** Completion of the full Basic EMDRIA-Approved Basic EMDR Training program

**CE Credits:** Approved for 3 EMDRIA CE-Credits

**Date:** Fridays, from 1-4 (ET)

## “Getting Ventral with Polyvagal Theory in EMDR Therapy”

We love Polyvagal Theory (PVT) but are perhaps not yet comfortable with it. This workshop will help you “get ventral” with PVT, by synthesizing it into more workable use with clients. The evolution of PVT, from its dense, difficult origins to its current accessible state can now be mirrored in our offices, as we teach it to clients and explicitly use it— Porges has bridged the gap between academia and ourselves, so too we can bridge the gap between ourselves and our clients. It is helpful to understand PTSD, anxiety disorders, depression and dissociation in Polyvagal terms. Here you will be shown how to address EMDR Therapy’s tasks of history-taking, case conceptualization, stabilization and reprocessing, using the Polyvagal lens. PVT in EMDR Therapy’s Phases 1-8 will be illustrated using personal & case examples and whole group exercises.

### About the Training Staff:

Barbara Horne MASc, RMFT is an EMDRIA-Approved Consultant and director of the *Niagara Stress & Trauma Clinic's* EMDR training program since 2007. She has personally taught over 130 EMDRIA-Approved Basic EMDR programs in Central & Eastern Canada, training thousands of Canadian EMDR clinicians. Barbara is also an experienced speaker, having presented on EMDR at provincial, national and international conferences.

\*The Provider maintains responsibility for these programs and their content in accordance with EMDRIA Standards\*.