



EMDR Essentials: A Comprehensive Introduction

8/27/2025

A Live, Interactive Webinar

Description:

Eye Movement Desensitization and Reprocessing (EMDR) therapy is a leading, evidence-based treatment for trauma and posttraumatic stress disorder (PTSD), endorsed by esteemed organizations such as the [World Health Organization](#) and the [Department of Veterans Affairs](#). Since its development in the 1980s by Dr. Francine Shapiro, EMDR has been extensively researched and recognized for its effectiveness. This modality follows an eight-phase treatment framework, guiding clients to reprocess distressing or traumatic memories, address present-day triggers, and build resilience for future situations that may evoke traumatic symptoms. In this webinar, participants will gain a foundational understanding of EMDR therapy and explore its practical applications, with a special focus on military and veteran case scenarios. This training is designed to equip clinicians with insights and tools for incorporating EMDR into their trauma-informed practice.

Total CE Credits: 1.5

Total Contact Hours: 1.5

Learning Objectives:

Following the training, attendees will be able to:

1. Participants will summarize the eight phases of EMDR.
2. Participants will describe the adaptive information processing (AIP) framework utilized in EMDR therapy.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Introductory

Agenda:

Agenda for CDP Presents Webinar

Webinar room prep and Lobby time	11:30 am - 12:00 PM
Welcome to CDPP and Speaker Intro	12:00 pm - 12:05 PM
Speaker Presents	12:05 pm - 1:25 PM
Question and Answer	1:25 pm - 1:30 PM



Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 1.5 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 8/27/2025

Time: 12:00 – 1:30 PM Eastern



Registration Information: Registration is done through event management system CE21, links will be provided to prospective attendees.

Registration Deadline: Registration for this training closes one week prior to the training date.

Cancellations/Questions: Please contact jeremy.karp.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Location Information: Participants will login to the webinar via the CE21 account using the green launch webinar button.

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training, including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu

Instructor Biographies:

Dr. Kaitlyn Callais Stafford is an Associate Professor and is the Assistant Director of the Master of Arts Clinical Mental Health Counseling and Ph.D. in Counselor Education and Supervision Programs at the Townsend Institute at Concordia University Irvine. She is a Licensed Clinical Social Worker, EMDR certified therapist, and an EMDRIA Approved EMDR Consultant. Dr. Stafford serves as a faculty member, supervisor, and consultant for the International Institute of Postgraduate Education in Ukraine, as chair of the Ukraine Aid Coordination Team and as fundraising coordinator and expert advising board member for the Ukraine Institute of Traumatherapy. Dr. Stafford owns and operates a private practice and specializes in working with military service members, veterans and adults with complex trauma histories.

****There is no commercial support or conflict of interest to report for these presenters.****