



MASTERCLASS BY TONY BRAZIL EMDR, A MINDFULNESS THERAPY...

Mindfulness is an attitude, a way of being with the self and the world. Even if we do not always realize it, it is the attitude that we ask our patients in EMDR: to observe simply what comes, without judging, without trying to control ...

The dual attention in EMDR consists in this presence to what is happening (in the present and in relation to the past). We ask the patient to start from the threads of Phase 3, and then to welcome all what may come: thoughts, sensations, emotions, images, memories ...

As EMDR practitioners, we must embody this attitude and be continuously present to what is happening in ourselves, from the arrival of the patient to his departure. Without that, at best we slow down the process, at worst we prevent it.

Mindfulness in EMDR is a total acceptance. It is not a moral agreement, but an opening beyond the point of view, both to what the patient is carrying and what is happening to him now. From one session to the next, this now continually surprises us, disarms us, makes us realize our fundamental impotence which must be considered as inherent to our role of therapist. «Get out of the way!» – so tells us F. Shapiro. This openness is also some non-resistance. When something in us «knows» what is good for our patient, wants to lead, or give advice ... we are resisting ourselves against the process of integration and adaptation

COURSE OBJECTIVES

- Understand what mindfulness is and its relevance as an EMDR therapist.
- Become able to observe any lack of presence in a professional or personal situation.
- Deepening the practice of mindfulness in all situations of life.

METHODOLOGY / TEACHING METHODS

 Power Point, demonstrations, practicum, questions / answers...

PROGRAM

DAY 1 : Morning - Theory - Mindfulness before Descartes. AIP model: the understanding of mindfulness in the context of the Adaptive Information Processing, and in the context of the current psychology, sharing, Questions and Answers.

Afternoon: Practicum and Demonstration. Implementation in Therapeutic Situation: EMDR – a Mindfulness Therapy

DAY 2 : Morning: Theory - How EMDR psychotherapy is mindfulness psychotherapy in practice: dual attention. Demonstration

Afternoon: Practicum Mindfulness on the go. Questions and Answers. Closure

PUBLIC

 EMDR Practitioners who have completed at least Level I Initial EMDR Training

TRAINER

Tony BRAZIL : Born in New York, he began to practice meditation and yoga during his adolescence. He began teaching them in 1973. In 1979, he lived as a monk for four years. His professional psychology studies have always been oriented in the same direction: Vittoz, Carl Rogers Therapy, EMDR, then therapies specifically based on energy systems. Between 1991 and 2016, he worked as a psychotherapist in France in private practice. Recognized as an EMDR Consultant (Supervisor) by EMDRIA (USA) in 2006, then by EMDR-Europe in 2007, he worked as Supervisor and Facilitator for the two EMDR Training Institutes in France. He now lives in Connecticut on a land formerly inhabited by the Native American people Weantinock, and continues his work as a therapist and supervisor

DURATION

 2 days (Day 1: From 10am to 06pm - Day 2: From 09am to 05pm)

PRICES

 430 € Individual / 520 € Continuing Education / Credits EMDR France for training and developmental activities: 14

TERMS AND CONDITION

The number of places being limited, your registration will be validated by the payment in order of arrival. In case of cancellation, up to 30 days before the start of the masterclass: 90 € will be retained.No refund can be made when a cancellation is made less than 4 weeks prior to the first day of your booked training.The EFPE keeps the right to cancel the masterclass until two weeks before beginning of the masterclass, especially in case of an insufficient number of registrations



EMDR FORMATION - EFPE

11 RUE MATABIAU - BÂTIMENT B - 31000 TOULOUSE - 06 88 98 08 25 - MAIL : efpe.info@gmail.com - www.efpe.fr

N° SIRET : 814 870 598 00012 - N° DE FORMATEUR : 11 75 54209 75