

FREE TRAINING

An Introduction to EMDR Therapy

Presented By: Jill Strunk, Ed.D., L.P.

Jill M. Strunk, Ed.D. L.P. is a psychologist in private practice in Minnetonka, Minnesota where she specializes in the treatment of phobias, trauma, grief, anxiety, and depression. She was trained in EMDR in 1996 and she uses it as her primary therapeutic modality, along with Thought Field Therapy, hypnosis, and elements of other therapies such as Developmental Needs Meeting Strategy (DNMS) and Somatic Integration. She has been an EMDR Institute Facilitator and EMDRIA Consultant since 1999 and regularly provides consultation to both individuals and groups. She has published articles and presented numerous lectures and classes on the use of cutting-edge therapies for rapid resolution of emotional distress.

Date: Tuesday, June 15, 2021 Time: 3–5:00 pm

Location: Online via Zoom

Registration is required for the training as availability is limited. Registration will close at 5:59am on Monday, June 14, 2021. Register using this link:

<https://www.eventbrite.com/e/an-introduction-to-emdr-therapy-tickets-148808876355>

Eye Movement Desensitization and Reprocessing (EMDR) therapy is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. This training is an introduction to EMDR Therapy. Extensive research has shown that EMDR therapy is effective in resolving trauma for clients. Dr. Francine Shapiro, who developed EMDR therapy, says her specific approach allows the Adaptive Information Processing system in the brain to reprocess how traumatic material is stored so that the memory of the upsetting incident is integrated into the big picture of our lives and no longer causes upset.

Attendees will:

- Be introduced to what EMDR Therapy is;
- Gain an understanding of how the therapy is used in practice; and
- Learn what diagnoses EMDR can be helpful to treat.

Please join us! This training is intended for those living with mental health issues, providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns, or Wright County.

A Certificate of Attendance will be provided for CEUs through the MN Board of Social Work

Training is brought to you by:



Adult Mental Health Initiative

Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.