

# IOL Grand Rounds 03.11.2021

## EMDR: A Research Supported Psychotherapy for Trauma

*presented by*

**Cheryl Kenn, LCSW; Judy Cabeceiras, LMFT**

Cheryl Kenn holds certifications in parent-infant dyadic psychotherapy from The Anna Freud Centre and The New York Freudian Society. She is also Certified in Cross Cultural Studies through the Fifth Avenue Counseling and Psychotherapy Center. As an EMDRIA Accredited Trainer and psychotherapist in private practice with 30 years of experience. Judy Cabeceiras is in private practice in Connecticut. She sees adults and adolescents with a wide range of issues. Her specialty includes working with clients who present with complex trauma and dissociative disorders.

**Thursday, March 11, 2021 @12noon**

**Online- ZOOM!!!!**

<https://us02web.zoom.us/j/83874001584?pwd=c2pOMk11eGZMTjEwV0tGUTErTGUzQT09>

Meeting ID: 838 7400 1584

Passcode: 3aEFtr

**Learning Objectives:** *As a result of participating in this Live Activity, participants should be able to:*

- 1 Describe in EMDR "reprocessing" how bilateral eye movements, alternating sound or tactile vibrations stimulate an intrinsic capacity of the human brain to resolve emotional disturbance and gain adaptive in a manner similar to what occurs during REM sleep.*
- 2 Describe how Adaptive Information Processing model posits how memory gets encoded and how EMDR facilitates the accessing and processing of traumatic memories and other adverse life experience to bring these to an adaptive resolution.*
- 3 Describe how utilizing EMDR Therapy has many benefits for the trauma therapist, including but not limited to, using a structured, reliable methodology and model that allows the client to access and forge existing and new memory networks and associations using the brain's natural healing methods.*

**Accreditation Statement:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Designation Statement:** Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with their participation.

