



MASTERCLASS BY TONY BRAZIL

THE POWER OF MINDFULNESS: SUCCEEDING IN EMDR...

COURSE OBJECTIVES

- The practice and habituation of Mindfulness in the EMDR therapist.
 - The identification of certain thoughts/cognitions that mislead us.
 - The identification of certain personal blockages in the therapist that could be reprocessed in personal therapy after training.
- The EMDR therapist's non-directive quality of presence plays an important role in the success of the 8-step EMDR therapy. During this training, therapists will learn to remain in a state of inner silence as they guide their patients through the 8 steps. Most therapists' mistakes occur when they start to «direct», often without being aware of it. Each therapist will identify the triggers of this behavior in order to free him/herself from it.

PROGRAM

DAY 1 : Teaching : Presence/Mindfulness: What is it and why?

Exercise in pairs: presence as a therapist

Questions and answers

Teaching : The therapist's presence during the eight steps

Questions and answers

Work in pairs: triggers in therapeutic situations

DAY 2 : Teaching: Why is it so difficult? Ways of facilitating presence.

Questions and answers

Practice: Consciousness in motion for seated awareness.

Questions and answers

Practicing Self-Awareness, triggered by the other, in a therapeutic situation

Mindfulness EMDR mini-therapy with time for noting and reflection - Q&A

DAY 3 : Presence in relationship/group: teaching and practice

Practice in pairs

Final teaching session - Q&A

PUBLIC EMDR practitioners (having completed at least Level 1 in an EMDR-Europe accredited training course)

TRAINER Tony Brazil, EMDR-EUROPE Supervisor; French-speaking speaker with EMDR-Canada, with continuing education credits given by EMDRIA. He was a speaker at the International EMDR-Europe Conference in Strasbourg in 2018 and at numerous EMDR Study Days in Toulouse (JEET): credits granted by EMDR-France.

Born in New York, Tony began practicing meditation and yoga in his teens. He began teaching them in 1973. Between 1979 and 1983, he lived in a monastery. His professional studies in psychology have always been in the same direction: Vittoz, Rogerian therapy, EMDR, then therapies specifically based on energy systems. Between 1991 and 2016, he worked as a psychotherapist in France in individual practice. Recognized as an EMDR Consultant (Supervisor) by EMDRIA (USA) in 2006, then by EMDR-Europe in 2007, he has worked as a Supervisor and Facilitator for two EMDR Training Institutes in France. He now lives in Connecticut, on land once inhabited by the Weantinock people, and continues his work as a therapist and supervisor.

DURATION 3 days - 16 hours (Day 1: From 9.15am to 6pm Day 2: From 9am to 6pm - Day 3: From 9am to 2.30pm)

PRICES 540 € Individual / 620 € Continuing Education / Credits EMDR France for training and developmental activities: 16

TERMS AND CONDITION

The number of places being limited, your registration will be validated by the payment in order of arrival. Cancellation possible up to 30 days before the start of the masterclass. Cancellations made less than one month before the course start date will incur a 90€ cancellation fee. 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.

Please sent by email to efpe.info@gmail.com the registration form, completed and accompanied by a photo.

A payment link accompanied by an agreement will be sent by email following your registration.



EMDR FORMATION - EFPE

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