



Discover your Self Energy Portal

<https://www.ifsandemdr.com>

Are you curious how to incorporate Internal Family Systems (IFS) into your EMDR practice?

Connect with us!

Join us for a deeper understanding of IFS informed EMDR from two passionate and experienced EMDR Trainer/Consultants, Amanda Goodrich LMHC and Darcie Yamada, LISW.

Learn from their expertise as trained IFS clinicians to apply IFS to each phase of EMDR therapy. Experience how IFS can enhance your clinical toolbox of effective interventions with more complex client presentations. With their passion for both IFS and EMDR, you will be able to confidently incorporate IFS basics into your EMDR practice.

Don't miss out on this opportunity to gain knowledge and skills!

When

Thursday May 1st and Friday May 2nd (In Person)

9AM-4PM CST (Registration begins at 8:30AM)

Overview

This training will deepen your understanding of Internal Family Systems (IFS) theory and the role of Self Energy, as well as demonstrate practical IFS informed clinical interventions into Phases 4-

8 of EMDR.

This course is open to all licensed psychologists, social workers, mental health therapists, and marriage and family therapists who have completed their basic EMDR training and Integrating IFS into your EMDR Practice: A Practical Approach, Module 1. No prior IFS training is required.

Haven't taken Module 1 yet? No problem! Access it here on demand through EMDR and Beyond to be eligible to register for Module 2:

<https://courses.emdrandbeyond.com/introduction-to-integrating-internal-family-systems>

Location of Module 2 Training:

Coralville, IA

Credits

EMDRIA credits 12 (#24045-04)

www.ce-classes.com: CE credits 12

Intermediate Course



CE-Classes is the provider for all CE's. Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form. Licensed Professionals should contact their regulatory board to determine course approval.

There is no known commercial support for this program. There are no known conflicts of interests for this workshop.

Registration

<https://www.ifsandemdr.com>

Price - \$419.00

**Refunds issued within 7 days of event, minus a \$20 processing fee*

*EMDR Training is required prior to taking this course.

Questions? Email soulsistersconsultation@gmail.com for further info!

Learning Objectives

Integrating IFS into your EMDR Practice: A Practical Approach Module 2

Learning objectives

1. Summarize the 8 C's of Self in IFS.
 2. Explain the role of Self-leadership in the Autonomic Nervous System.
 3. Describe the impact of Self-leadership in secure and insecure attachment.
 4. Recognize the difference between Self-leadership as a client and Self-leadership as a therapist in IFS Informed EMDR.
 5. Identify two goals of EMDR phase 4: Desensitization in IFS informed EMDR.
 6. Distinguish between attachment and Self interventions in IFS Informed EMDR.
 7. Identify at least 3 types of clients who would benefit from IFS Informed EMDR.
 8. Summarize the process of working with the Exiles in phases 4-8 of IFS Informed EMDR.
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DAY 1

8:30-9:00 Registration and Log in

9:00AM-10:15 AM (1.25 hrs) Introduction, Review IFS Assumptions, Review of Parts Breakdown, Review of the ANS, and Polyvagal Parts Matrix, Module 2 Objectives/overview, Client populations who benefit from IFS Informed EMDR, Why Self Energy Matters.

10:15-10:30 Break 10:30-11:45: (1.25 hours) Why Self Energy Matters Cont, Self Energy Deep Dive.

11:45-12:45 Lunch

12:45-2:30: (1.75 hours) Self Energy Portals, Self Energy Portal Guided Meditation (15 min), Why Attachment Matters and Brief Attachment Overview, IFS Informed Insecure Attachment.

2:30-2:45 Break

2:45-3:50: (1 hour) Wrap up IFS Informed EMDR Insecure Attachment, IFS Informed EMDR Secure Attachment. Polyvagal Parts Attachment Matrix, Polyvagal Parts Relational Matrix.

3:50- 4:00pm (10 Min) Questions & Wrap up

DAY 2

8:30-9:00 Registration and Log in

9:00-10:15 AM (1.25 hours) Quick Review and Questions from Day 1. What is a burden? The 6 Elements of Unburdening: Witnessing, Do-Over, Retrieval, Unburdening, Inviting New Qualities, Protector Check-in.

10:15-10:30 Break

10:30-11:45 AM: (1.25 hours) Treatment Planning with a Challenging Protector Guided Exploration (20 Min) Overview of EMDR Phase 4 Desensitization, IFS Informed EMDR 5 Star Approach to Blocked Processing, Unblending, Negotiating with Protectors, Direct Access.

11:45-12:45 Lunch

12:45-2:30 (1.75 hours) Attachment Interventions, Self Energy Portal Interventions, Challenging Protector Exploration and Treatment Plan Experiential (15min), IFS Informed EMD(r) with a challenging protector recorded demo (25 min), IFS Informed EMD(r) w/ a Challenging Protector Experiential (50 Min).

2:30-2:45 Break

2:45-3:50: What did we notice? (Debriefing) IFS Informed EMDR Phase 5 Installation, Phase 6: Bodyscan, Phase 7: Closure, Phase 8: Reevaluation.

3:50- 4:00: Wrap up & Evaluations

About the Presenters



Amanda Goodrich, LMHC (she/hers) Amanda Goodrich has over 20 years in the mental health field, providing an array of services in non-profit, school, and private practice settings. She is a licensed mental health counselor, who is bilingual in Spanish, with a strong background in substance abuse counseling. She co-owns Integrated Community Therapists, LLC in Iowa City, IA with three other amazing therapists.

Amanda specializes in creating an environment where clients of all backgrounds can strengthen relationships within themselves and with others. She works with adolescents, couples of all shapes and sizes, as well as adults and families. Her specialties include depression with men, first responders, anxiety disorders, DID, grief and loss, body dysmorphia, complex trauma, LGBTQIA+ , and addiction.

She is a Certified and an Approved Consultant through EMDRIA. Amanda is also a Level One Trained Internal Family Systems Therapist with the IFS Institute, and weaves EMDR with IFS to create a unique trauma-informed approach. Amanda and her business partner and dear friend,

Darcie Yamada, co-founded Soul Sisters Training and Consultation, LLC as a way to share their expertise in blending IFS into the EMDR protocol in a 2-module, 4 day training.

Amanda is also an EMDR Child Specialist, EMDR Sand Tray Specialist and EMDR Parent-Child Specialist through Ana Gomez's Agate Institute, and is a Facilitator with the Agate Institute.

Amanda earned a double major from the University of Iowa in Psychology and Spanish, and graduated with her M.A. in Counseling Psychology from the University of Denver in 2003. Her other passions include Jazzercising with her bestie, drinking coffee on the couch, spending time with loved ones, and relaxing on her porch swing. She lives in Iowa City, IA with her family and her fur babies.



Darcie Yamada, LISW (she/hers) is an EMDRIA approved Certified EMDR Therapist, Approved Consultant, and a facilitator for international trainer, author, and EMDR child expert Ana Gomez through her Agate Institute. Darcie provides consultation and supervision for the EMDR Basic Training, EMDR Certification, and becoming an EMDR Consultant.

Darcie has worked in the mental health field since 2003 and before that was a kindergarten teacher. She holds a BA in Elementary Education with a certification in Early Childhood Education and a Masters Degree in Social Work from The University of Iowa. Following graduate school, Darcie had the pleasure of working in a non-profit mental health agency for adolescents. Darcie has been in the private sector since 2008.

Darcie is a Level One Trained Internal Family Systems Therapist with the IFS Institute. In Addition, Darcie is an EMDR Child Specialist, EMDR Sand Tray Specialist and EMDR Parent-Child Specialist through Ana Gomez's Agate Institute. Darcie and her business partner and dear friend, Amanda Goodrich, co-founded Soul Sisters Training and Consultation, LLC as a way to share their expertise in blending IFS into the EMDR protocol in a 2-module, 4 day training.

Darcie also proudly co-owns Integrated Community Therapists, a private practice in the heart of downtown Iowa City, IA. Darcie's mental health counseling focuses on the integrative treatment of complex trauma with children and families. Her clinical knowledge includes the treatment of children, adolescents and adults with complex trauma, secondary trauma, dissociative disorders as well as ADHD, Autism, depression, anxiety and other mental health disorders. She also has a passion for working with caretakers to individualize their parenting style to best match their child's needs.

She is also committed to volunteering her time to local non-profit organizations. Darcie enjoys hiking, traveling and reading books in her free time. Darcie shares her loving home with her spouse, two kids and two grand pugs.

Grievance Policy

We seek to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Please submit a written grievance to info@emdrandbeyond.com .. Grievances would receive, to the best of our ability, corrective action in order to prevent further problems.

Cancellation Policy

We will allow refunds up to 7 days after purchase of this course minus a \$20 processing fee. Cancellations after 7 days are non-refundable.

Conflict of Interest Policy

There is no known commercial interest or conflict of interest for this workshop.

ADA

This workshop is held in facilities which are in compliance with the Americans Disabilities Act. Please contact soulsistersconsultation@gmail.com if special accommodation is required.

CE-Classes.com is approved by:

The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.

Florida Certification Board Updated 8/6/2024

The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2025

The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.

California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0225 Expires 02-2025

The Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.

The Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.

The Texas Board of Marriage & Family Therapists – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.

Massachusetts Authorization Number: (TBD)

Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.

New York Social Work Board – CE-Classes.com 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-0120.

New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.

New York Psychology Board CE-Classes.com, Inc. 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-0211

Oklahoma Board of Behavioral Health Licensure (LPCs, LMFTs and LBCs)

South Carolina - CE-Classes.com is approved by the S.C. Board of Examiners for Licensure of Professional Counselors, Marriage & Family Therapist, Addiction Counselors, and Psycho-Educational Specialists (#4696).

Illinois - CE-Classes.com is a registered social work CE sponsor by the State of Illinois. License 159.001607 Expires 11/30/2025

The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2026 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.

The California Board of Registered Nursing. CEP 15647 Expires 11/30/2024.

This course is NOT available for NBCC credit

This training does not offer ASWB ACE credit to social workers.