



THE INSTITUTE FOR
**CREATIVE
MINDFULNESS**

Is proud to announce the return of our mindfulness-infused
EMDR Therapy training to the Raleigh/Durham area!

EMDR THERAPY PART I & PART II TRAINING

About Our Training

Eye Movement Desensitization and Reprocessing (EMDR) Therapy is one of the most researched and utilized methods in the treatment of post-traumatic stress disorder (PTSD) and other forms of human distress connected to trauma.

The Institute for Creative Mindfulness is an approved provider of Basic Trainings in EMDR Therapy by the EMDR International Association (EMDRIA). Completion of the full training (Part I, Part II, required consultation hours) is the first step toward becoming a Certified EMDR Therapist through EMDRIA.

Our curriculum was designed by Master EMDR Clinician and Author, Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT, RYT-200, RMT. As founder of The Institute for Creative Mindfulness, Dr. Jamie travels the US and internationally to speak and train on topics such as EMDR therapy, trauma, mindfulness, addiction, and expressive arts therapy while maintaining a private practice in her home base of Warren, OH. She also developed a program called Dancing Mindfulness (dancingmindfulness.com) that utilizes dance as a medium of discovering mindful awareness. Dr. Jamie is the author of numerous books, including the popular *EMDR Made Simple*, *Trauma Made Simple*, and *EMDR Therapy and Mindfulness for Trauma-Focused Care* co-authored with Dr. Stephen Dansiger. Her latest book, *Process Not Perfection: Expressive Arts Solutions for Trauma Recovery* is anticipated in Spring, 2019.

Training Dates & Times:

Part I: October 4-6, 2019

8:00am-4:30pm each day
(Registration Opens at 7:30am)

Part II: March 6-8, 2020

8:00am-4:30pm each day
(Registration Opens at 7:30am)

Location:

One-Eighty Counseling, PA
69 Shipwash Dr.
Garner, NC 27529

For Information & Registration:

www.instituteforcreativemindfulness.com

Part I: \$625.00

Part II: \$625.00

*Consultation fees are additional and will vary upon consultant(s) you choose

Register early! Our Part I trainings have a tendency to fill quickly, often several months in advance.

Co-Sponsored by:



www.one-eightycounseling.com