

A TWO DAY WORKSHOP

EYE MOVEMENT INTEGRATION™ (EMI) is a brief, very effective approach which produces lasting therapeutic outcomes. **Learn to treat PTSD, phobia, the anxiety associated with addictions, and to deal successfully with fear resulting from recent crises--- often in a single session.**

EMI, is an uncomplicated, yet highly effective eye movement desensitization technique. Unlike other methods, EMI is considerate of the client's integrity and *does not require regression. Therefore, it is designed to avoid the concerns of false memory and/or the possibility of re-traumatizing the client..*

Managed care. The economics of managed care are demanding short-term treatment. Further, current research continues to demonstrate that time-limited therapy can be as effective for many issues as more established lengthy approaches. Until recently, clients who attended only a few sessions were usually labeled as drop-outs or were often considered "not ready" for therapy. **We now know better methods were needed. The Eye Movement Integration intervention is a better method. Further, it will often allow you to produce lasting results in just one to three sessions.**

In this workshop you will learn:

- **The principles** on which EMI is based and the essential skills required to utilize the technique successfully.
- **How to gather and organize the required** information from the client and how to use the **EMI** method as a short-term treatment.
- **How to individualize the EMI** approach to fit each client's unique needs.
- **How to use several additional methods** including Visual-Kinesthetic Dissociation and Pattern Interruption techniques when EMI is unproductive.

THE BENEFIT

Brief Treatment for Lasting Results™

Eye Movement Integration™ (EMI) is a practical, short-term intervention for treating *phobia, post-traumatic stress, the anxiety associated with addictions and critical incidents*. Also, the EMI technique can be paired with other methods when treating other clinical issues. The EMI approach is "client centered", contractual and encourages the client to use his/her own strengths and personal resources.

Why attend this workshop? Because, you want step-by-step instruction in effective methods. And you want supervised practice in these skills and techniques, so you can put them to *immediate use in your work with clients.*

What's different about this training? The instructor is fully committed to teaching. Therefore the focus is on *training you to use these brief therapy methods*, not just showing how well the trainer can do demonstrations. Your training will consist of lectures, demonstrations and exercises in small groups, where you will learn the elements and the structure of the **Eye Movement Integration** intervention. There will be ample time to practice **EMI** with your colleagues.

Research conducted in 1994-95 by Charles R. Figley, Ph.D., at the University of Florida, investigated a number of interventions for treating PTSD, anxiety and phobia. The approaches which were found to be the most effective involved Eye Movement techniques, Trigger-Point stimulation and Visual-Kinesthetic Dissociation(V/K-D). In this seminar you will learn the EMI approach, which includes V/K-D, as well as several additional pattern interruption techniques and the NLP Visual-Kinesthetic Dissociation method.

LOCATION & DATES

*** December 5 & 6, 2009 ***

Seminar: Baltimore Behavioral Health (BBH)
1001 West Pratt Street
Baltimore, MD 21223
Phone: Ms. Dixon at
410- 962-7180 X 321

Email: jdixon@bbhtx.org

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Lodging: Holiday Inn - Inner Harbor
301 West Lombard Street
Baltimore, MD 21201
Phone: 800-315-2621 410-685-3500
Room rate: \$129.00 Single/Double

Note: Holiday Inn Inner Harbor
Make sleeping room arrangements on your own. Please contact the Holiday Inn as soon as possible to make your reservation and to be sure you get the special \$129.00 rates. Inform the reservations clerk that you are registering for the **Baltimore Behavioral Health Seminar**. *When you call, or register online (www.holidayinn.com) use BBH Corporate Account Number 100251683.*

Please call me, Ron Klein, on my cell if you experience difficulty making hotel reservations at the above rate, and I'll take care of it personally. 301-523-5659.

Nonetheless, make your reservation immediately, and I'll call the hotel to make sure you get the \$129.00 rate. If the Holiday Inn is sold out, they have agreed to help you find a nearby hotel at a comparable room rate.

THE TRAINER

RON KLEIN, M.C.S., NBCCH, CT-NLP, is a National Board Certified Clinical Hypnotherapist, and a Certified Trainer in NLP. He is a nationally recognized teacher of clinical hypnosis and brief solution-focused psychotherapy. Ron has twenty nine years experience as a counselor and teacher. He has presented hundreds of workshops and provided training to more than 5200 mental health and health care professionals.

Seminar Schedule: Both Days

8:15 to 8:30 a.m. Registration
8:30-10:45 a.m. Instruction and Practice
10:45-11:00 a.m. Break
11:00 a.m.-12:30 p.m. Instruction and Practice
12:30-1:30 p.m. Lunch (Provided)
1:30 - 3:30 p.m. Instruction and Practice
3:30 - 3:45 p.m. Break
3:45 - 5:30 p.m. Instruction and Practice

Certification

Continuing Education: 15 hours. A **C.E. certificate of attendance is also provided.** C.E. is provided by the co-sponsor, the American Hypnosis Training Academy, Inc. (AHTA). AHTA is an approved provider by the American Psychological Association to offer C.E. credit for psychologists, the National Board for Certified Counselors (it is the responsibility of the provider to abide by NBCC guidelines), the National Association of Social Workers (258 CMR.31.00, D20, 641).

REGISTRATION

Fee: \$199.00 with registration, \$229.00 at the door. The fee includes all handout materials, buffet lunch each day and refreshments. *A refund, less a \$ 45.00 fee, will be made when a written request to withdraw from the program is postmarked (certified mail) at least 15 days prior to the event.* After that date, the full tuition paid will be non-refundable, and can be credited to a future EMI enrollment. Lodging is the responsibility of the participant. **In the unlikely event a workshop is canceled, full tuition refund will be made.** BBH, Inc./AHTA, Inc. assumes no responsibility for any further expenses incurred by enrollees.

To enroll, fill out this form and mail it today or to register on line go to:

<http://web.baltimorebehavioralhealth.org/emi>

When you open the web site, go to events and click the link: **REGISTER NOW.**

You can register by phone: **410-962-7180 X 321**

Name: _____

Degree: _____

Address: _____

City: _____

State: _____ Zip _____

E-Mail _____

Day phone: _____

Check \$ _____

Make checks payable to **BBH & mail to:**
Baltimore Behavioral Health
1001 West Pratt Street
Baltimore, MD 21223

PARTICIPANT COMMENTS

I was troubled by PTSD that was causing me increasing distress despite years of psychotherapy. I volunteered to be a demonstration subject and after the EMI intervention, the response is gone. It has been two months since the seminar and I have had no recurrence. It is wonderful!!

L. Merl, LICSW

I have training in both EMDR and EMI. What I discovered when I attended the EMI seminar, is that EMI is easier on the client and preferable in my opinion. I, myself was paired with another student during the work shop. During that practice session, I went from having a dread of public speaking to a feeling of pleasant anticipation. I am now comfortable when speaking to groups and respond to the audience and the situation appropriately.

Nancy Montagna, Ph.D.

After an accident in which it spun out on ice and hit a guard rail, I began to experience panic attacks while driving regardless the road conditions. At the EMI training seminar, I volunteered to be a demonstration subject for the Eye Movement Integration procedure. The demonstration took less than 20 minutes including follow-up discussion with the class members. I continue to be amazed at the ongoing benefit. I now drive with appropriate caution for the road conditions instead of experiencing panic as I did before attending the EMI program.

Susan Zorn, Ph.D.

On my return to ConUS (Continental United States) from Viet Nam as a Marine Corps Sgt., I found I could not sleep unless every light in the house was left on and I became combative if anyone touched me when my eyes were closed.

I don't remember much from my experience of working with Ron other than doing EMI during the session. However, after the seminar, I was able to turn out the kitchen light, then the light in the hallway, and then my wife placed a night light in the bedroom, and now all the lights in the house are out except a small bulb in the kitchen. Amazingly, I can now be touched when my eyes are closed without putting anyone in danger.

My flashback was the result of being seriously wounded while asleep and I hadn't zipped my metal jacket. In addition to having been relieved of my PTSD, the enduring lesson I needed to honor, was that what I need to always remember is to use protective equipment whenever it is appropriate. I now use seat belts at all times and so do other members of my family.

Tom Pirnie, Ph.D.

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American Hypnosis Training Academy, Inc.
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Baltimore, MD 21223**

Return Service Requested

Eye Movement Integration™
Treating PTSD, Phobia & Anxiety
December 5 & 6, 2009 * Baltimore, MD

EYE MOVEMENT INTEGRATION™

Treating PTSD, Phobia &
Fears Resulting from
Critical Incidents



*A Two-Day
Certification Training*

Baltimore, Maryland

December 5 & 6, 2009

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American Hypnosis Training Academy**

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