

# Treatment of fears and phobias with EMDR

***Ad de Jongh***

Program Day 1

<u>Time</u>	<u>Topic</u>	<u>Presentation/Exercise</u>
09.30 – 10.45	Introduction	P
10.45 - 11.00	<b>Coffee break</b>	
11.00 - 12.30	Critical diagnostic elements	P/E
12.30 - 13.30	<b>Lunch</b>	
13.30 - 15.15	Different treatment models	P
15.15 - 15.30	<b>Tea break</b>	
15.30 - 16.15	Flashforwards	P
16.15 - 17.00	Developing a flashforward	E
17.00	<b>Closure</b>	

Program Day 2

<b><u>Time</u></b>	<b><u>Topic</u></b>	<b><u>Presentation/Exercise</u></b>
09.30 – 10.45	Cognitive interweaves for fears and phobias	P
10.45 - 11.00	<b>Coffee break</b>	
11.00 - 12.30	Practicum: First Method protocol	E
12.30 - 13.30	<b>Lunch</b>	
13.30 - 15.15	Behavioral experiments/homework exercises	P
15.15 - 15.30	<b>Tea break</b>	
15.30 - 17.00	Integration	P
17.00	<b>Closure</b>	