



FOR IMMEDIATE RELEASE
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FOR MORE INFORMATION

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Training Opportunity Available

Sinnissippi Centers will host "Integrating EMDR Into Your Clinical Practice"

(Dixon, IL)

Behavioral health therapy has helped millions of individuals suffering from mental health struggles manage their symptoms, begin recovery, and enjoy a better quality of life. EMDR offers an additional option to more traditional forms of treatment. For individuals who experience significant anxiety or who have experienced severe trauma, EMDR has proven to have dramatic results for most individuals.

"EMDR stands for Eye Movement Desensitization and Reprocessing," says Shannon Dean, Sinnissippi EMDR Clinician. "Extensive research and the many stories of those helped by EMDR has demonstrated the effectiveness of this type of treatment especially for trauma, but also for a variety of behavioral health concerns," adds Dean

"EMDR therapy helps children and adults of all ages," says Connie Davis, also a Sinnissippi EMDR Clinician. "Therapists use EMDR with a wide range of challenges: Anxiety, panic attacks, and phobias, chronic illness and medical issues, depression and bipolar disorders, eating disorders, grief and loss, pain, performance anxiety, PTSD and other trauma and stress related issues, sexual assault, sleep disturbance, substance use disorders, violence and abuse, among many other illnesses, disorders, and conditions," adds Davis.

According to the EMDR International Association: "EMDR therapy does not require talking in detail about the distressing issue, or homework between sessions. EMDR, allows the brain to resume its natural healing process. EMDR therapy is designed to resolve unprocessed traumatic memories in the brain. For many clients, EMDR therapy can be completed in fewer sessions than other psychotherapies."

Sinnissippi Centers will host a training for behavioral healthcare professionals: **Integrating EMDR Into Your Clinical Practice** in two multi-day sessions starting April 2, 2020. Participants should be behavioral health providers who are licensed or who will receive licensure within 2 years of the completion of the training sessions. Trainer will be Stephanie Johnson, LCSW.

The sessions are as follows: **Part 1: April 2, 3, & 4, 2020** and **Part 2: May 14, 15, & 16**. Hours each day for training are 8:00 am to 5:00 pm and the sessions will all be held at Sinnissippi Centers' Dixon office, 325 Illinois Route 2, Dixon, IL 61021. Participants need to complete both sessions to complete the training. **The registration deadline is March 23, 2020.**

Upon completion of the training participants will receive 40 hours of Continuing Education Credits. If you have already been trained in EMDR you can still take the course as a refresher. If you have completed one of the sessions but still need to complete the training you can still benefit from this training. For more information, including cost, or to register for the classes visit www.emdrconsulting.com

For more information on this EMDR visit the registration website link above or contact Sinnissippi Centers at 800-242-7642, email us at info@sinnissippi.com or visit our website www.sinnissippi.org and click on the training in our events section. From there you can view or download a PDF flyer regarding the training.

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