

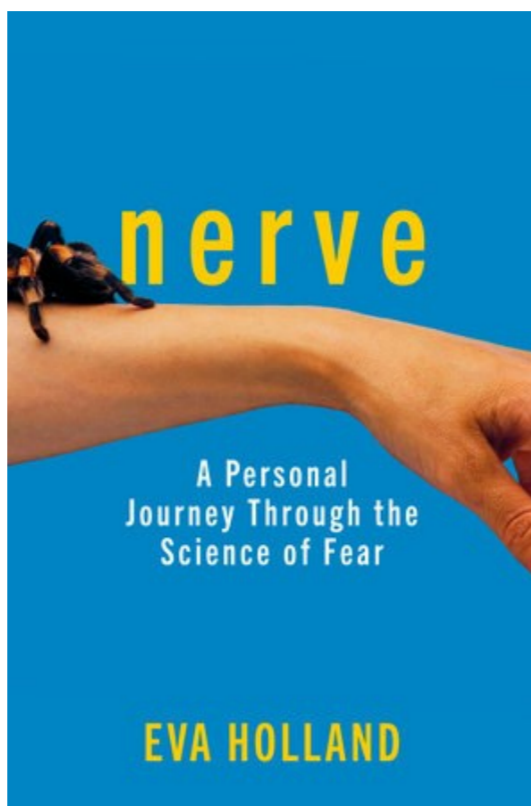


EYE ON THE TARGET



Welcome to my newsletter. You will find information about recent publications and research in EMDR, my consultations and upcoming trainings that might be of interest.

-Tory



Adventures in Fear with the help of EMDR

Eva Holland has written a book: *Nerve: Adventures in the Science of Fear*. She shares her story of finding ways to face fear, which includes utilizing EMDR.

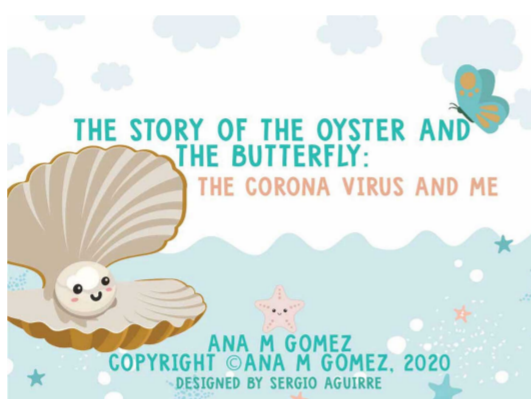
[Read More](#)

The Work of the Body

Dr. Curt Thompson, MD wrote a blog post titled, "Body of Work". It is not specific to EMDR, however it is insightful regarding what happens when we can't communicate with our bodies or move as freely as we are used to. It is also something to think about as we consider how this pandemic will impact people's well-being in the long run and how EMDR can address what is stored in the body.



[Read More](#)



Free E-Book for Children

Ana Gomez has written an e-book titled, *The Story of the Oyster and the Butterfly: The Coronavirus and Me* to help with talking with children.

[Read More](#)

Basic Consultation

May Basic Consultation Openings (Mountain Daylight Time)

Wednesday 6th 8:30 am to 10:00 am and 11:15 am to 12:45 pm
1 spot each

Tuesday 12th 7:00 am to 8:00 am and 4:00 pm to 5:00 pm
1 spot each

Saturday 16th 9:00 am to 11:00 am
5 spots

Thursday 21st 7:30 am to 8:30 am
2 spot
10:00 am to 11:00 am 1 spot

Advanced/Certification Consultation

Friday June 5 8:30 am to 10:00 am (Mountain Daylight Time)

Trainings

Basic EMDR

Boise, ID
Part 1: June 19-21
Part 2: August 7-9

[Register](#)

Advanced

Training in the Self-Care Procedure for Coronavirus - Perinatal (EMDR training not required)
May 6, online
[Register](#)

Therapy in a Time of Trauma and Hope
May 8, online
[Register](#)

R-TEP & G-TEP (Recent Traumatic Events)
May 8-9, online

Memory Reconsolidation, The Flash Technique and EMDR
May 9, online

The Dissociative Spectrum: from Acute Stress to Complex PTSD
May 14 & 16 and June 4 & 6, online

EMDR Recent Event and Early Interventions
May 29, online

Treating Shame, Guilt and Moral Injury with EMDR
June 18 & 20 and July 9 & 11, online

ACES Informed Treatment of Anxiety Disorders
June 26, online

[EMDRIA Calendar](#)



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