



## The Miracle of Mindfulness/The Miracle of EMDR

6 credit program: EMDRIA, Psychologists, LCSW, LMFT, LMHC, LPC and other master's level clinicians.  
**Check with state licensing board to confirm acceptance of NBCC credits.**



Discounts for non-profit agency professionals, groups and international participants

**Early bird rate** through 6/3/24 - \$195.00

**Regular rate** beginning 6/4/24 - \$225.00

### Presented by George Abbott, Ph.D.

**DATE:** June 14, 2024

**TIME:** 10:00am-5:30pm (EDT)

#### Livestream and On-demand

Registration includes options to participation via livestream during the training and/or to view the recorded training for **90 days** following the live event.

Access instructions will be provided after registration.

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**Program Description:** This 6-hour webinar takes participants on a deep comparative exploration of EMDR therapy and mindfulness meditation. Intimate connections and clear distinctions between the two health practices are revealed. Some of the connections are expected, while some are quite surprising. For instance, participants will be led to find a key element of EMDR therapy that may explain the process and effects of the 2,500-year-old practice of mindfulness. Clear distinctions in form and objectives between the two practices are also revealed. Participants are asked to consider which of these practices may best help patients in various stages of suffering.

The exploration begins with two profound case illustrations involving young adults whose lives were transformed and arguably “saved” –one by mindfulness instruction and the other by EMDR therapy.

The exploration continues with a probing of similarities, differences, and ultimately far-reaching potentials for the development of human consciousness afforded by EMDR therapy and mindfulness practice. Traditionally recognized “orthodox” as well as “post-personal” stages in the development of human consciousness are identified. Participants are coached to recognize not only when patients are regressed, but also when they may be “peaking” into a higher, subtler stage of consciousness, where they may find solutions to their psychological problems. In this regard, the webinar will focus on both “state” and “trait” changes in EMDR therapy and in mindfulness practice.

In addition to case descriptions, this exploration is driven by a video, several experiential practices, lecture, research findings, Q & A, and discussions.

While this webinar contains some elements of technical instruction, the program is less a “how-to” and more of a “let’s think about what we do and what our patients may be doing.” In other words, the principal aim of the workshop is to promote participants’ reflections on their work and on their personal lives as well.

## Key Features:

- A deep comparative exploration of EMDR therapy and mindfulness meditation
- Two profound case illustrations of EMDR therapy and mindfulness practice woven through the program
- Case description and video recording illustrating the phenomenon of “After Death Communication” in EMDR therapy
- Recognizing “peak experiences” into higher stages of consciousness during EMDR therapy
- Several experiential practices throughout the program
- Inherent similarities and distinctions between EMDR therapy and mindfulness meditation
- EMDR sheds an important light on the process of mindfulness meditation
- Research demonstrating personal and transpersonal stages in the development of human consciousness
- Not a “how-to,” but a “let’s reflect on” our experiences and observations in EMDR therapy and mindfulness meditation

## Past Participant Comments

“Your presentation was stimulating and deeply appreciated. I found it to be a real invitation to reflect more upon the processes that promote change... I especially appreciated the consideration of western and eastern concepts of developmental stages. You summarized and compared the similarities and differences in these two methods of inquiry in a very organized and efficient manner that could engage therapists with a wide range of experience with meditation and EMDR.”

“I appreciated the discussion of ‘peak / peek’ experiences through both EMDR and mindfulness. I feel I gained a greater structure within which to understand and work with these techniques and phenomena.”

“Thank you! It was a nice time to reflect on the ideas and explore how I can grow more as a person and as a clinician.”

“These case studies, the experiential meditations, resource installation, and discussions flowed seamlessly.”

“I especially liked the content on the development of human consciousness.”

“The correlation between EMDR and Mindfulness was compelling and reflects my experience over the years but was highly integrated by George Abbott in this seminar.”

“I loved the use of case studies coupled with clear explanation of principles of both EMDR and mindfulness meditation.”

“The information about honoring the appearances of after death communication and appreciating that these experiences are not well understood at the present time.”

**George Abbott Ph.D.** ~~ George is a senior trainer for the EMDR Trauma Recovery / Humanitarian Assistance Programs and serves on the faculty of the EMDR Institute. He founded and directed the mindfulness-based stress management program at Holyoke Medical Center for 10 years. He founded the Association for the Advancement of Skill in Clinical Hypnosis and served as its chairperson for 20 years. He taught clinical psychology and child clinical psychology at Smith College in Northampton, MA.

George has presented workshops at various regional events and at EMDRIA conferences, covering topics of EMDR, mindfulness meditation, clinical hypnosis, dissociative disorders, therapy with adolescents, and with people in grief.

George practices psychotherapy and individual & group EMDR consultations virtually and at his office in Northampton, MA. He is a decades-long Vipassana practitioner.

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Registration questions to [support@beaconlive.com](mailto:support@beaconlive.com)

Program content questions to [info@emdradvancedtrainings.com](mailto:info@emdradvancedtrainings.com)

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