



## Free EMDR resources online, that are worth watching

### The Art and Science of EMDR's website has a free vlog

Clinical interweave categories – Debbie Korn (30min)

<https://emdartnscience.com/vlog/clinical-interweaves>

The Art and Science of EMDR's YouTube channel has videos on lots of topics with different people, most are around different topics interview style with some exceptional trainers. Most are 30min Some of the videos include – This can be a good way to decide if you want to do further training

- Integration of preverbal trauma – Sandra Paulsen
- EMDR Sandtray – Ana Gomez
- IFS informed EMDR – Annabel McGoldrick
- EMDR 2.0 The working memory Taxation Therapy – Ad de Jongh
- AI-EMDR – Mark Brayne
- EMDR and Dissociation; The progression Approach
- Yoga, Trauma Healing and The Polyvagal Theory with Dr. Arielle Schwartz
- EMDR and Ego State Therapy with Robin Shapiro

<https://www.youtube.com/@emdartnscience/videos>

### Catherine Hynes has free webinars on her website

- Free webinar Catherine Hynes – Considerations for complex cases (1hour)
- Free webinar Catherine Hynes – EMDR and Schema Therapy (45min)

<https://catherinehynes.net/category/free-webinars/>

### YouTube How childhood trauma affects health across a life span

This video is not EMDR specific – Highly recommended on complex trauma (20min)

[https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime?language=en](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime?language=en)

### Thomas Zimmerman's website has 3 wonderful trainings (you do have to set up an account)

- Helpful strategies in the Reprocessing Phases for clients with complex trauma in EMDR (3.5hours)



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- Comprehensive Four Blinks version of Flash on demand training (2hours)
- Approaching Phase Two Differently with clients with complex trauma (3.5hours)

<https://emdr.thinkific.com/enrollments>

**The institute for creative mindfulness has free on demand webinars**

- EMDR Therapy and LGBTQ+ Experiences (2hours)
- EMDR Therapy and Telehealth one year on (2hours)

<https://www.instituteforcreativemindfulness.com/free-webinars/>

**EMDR UK offer free webinars from their website via Dropbox**

- EMDR Online with Children and Adolescents (1hour)
- How I Use EMDR Online (1hour)

<https://emdrassociation.org.uk/webinars/>

**EMDR Consulting has free handouts and audio files of lectures. Topics include**

- The AIP model
- EMDR and Dissociation
- Resourcing
- The processing continuum
- Recent events

<https://emdrconsulting.com/training/free-materials/>

**Scaling Up offer a webinar with Dr. Ignacio Jarero (You do need to create an account)**

- Treating clients with early interventions with prolonged adverse experiences (2hour)

<https://scalinguphub.com/>

**Philip Mansfield offers loads of free videos including EMDR sessions on his website**

<http://www.emdrvideo.com/>

**Andrew Leeds speaks on a Pod Cast - Attachment Therapy in action (36min)**

<https://attachmenttheoryinaction.podbean.com/e/andrew-leeds-on-emdr/>



### **Sarah Schubert appears on a Pod Cast from the SSP**

- Safe and Sound Protocol – Interview with Dr Sarah Schubert (1hour)

<https://www.youtube.com/watch?v=vpYZxz5rsho>

### **Mark Grant has a free webinar on his website**

The anxious teenager (1hour)

<https://anxietyreleaseapp.com/free-webinar-the-anxious-teenager/>

### **Pesi hosts a free webinar by Bessel van der Kolk**

- On the global coronavirus crisis; Steering ourselves and our clients through new and developing traumas (30min)

<https://catalog.pesi.com/item/bessel-van-der-kolk-md-global-coronavirus-crisis-steering-clients-developing-traumas-credit--57744>

### **Jamie Marich has a series called “ask Dr. Jamie” on her YouTube channel and many other videos**

<https://www.youtube.com/@DrJamieMM/playlists>

### **Janina Fisher has a free webinar on her website**

- Working with avoidance in trauma treatment (90min)

<https://janinafisher.com/resources/free-webinars/working-with-avoidance-in-trauma-treatment-access/>

### **Pat Ogden’s website Sensorimotor Psychotherapy Institute (SPI) offers free webinars**

- Sensorimotor Psychotherapy from a Distance: Engaging the Body, Creating Presence, and Building Relationship in Online Therapy (1hour)
- Building Resilience in Times of War, Violence, and Other Traumatic Events (100min)
- Words are Not Enough: Sensorimotor Interventions for Suicidality among Adults, Adolescents and Children (2hours)

[https://sensorimotorpsychotherapy.org/project\\_category/free/](https://sensorimotorpsychotherapy.org/project_category/free/)



**The most important medicine podcast interviews Dr Debbie Korn**

- Every memory deserves respect (45min)

<https://www.youtube.com/watch?v=0ILdZDlnEow>

**The Psychology webinar group has a webinar with Dr Francine Shapiro**

- The past is present; understanding the effects of unprocessed memories and using EMDR therapy in treatment (1hour)

<https://www.youtube.com/watch?v=lsQbzfW9txc>

**An interview with Francine Shapiro about her brain child EMDR (45min)**

<https://www.youtube.com/watch?v=ScPvUV9rF74>

**There are some amazing podcasts you can listen to**

**Notice that pod cast** – This is an excellent podcast focused on building skills in EMDR

**What's the schemata pod cast** - if you use schema therapy

**Understanding EMDR podcast** - Tracy Lynch's pod cast

**The EMDR podcast** – Thomas Zimmerman

**Zero Disturbance** – Kimbria Evans

**Let's Talk EMDR** – EMDRIA

**The Art and Science of EMDR**