



## **AGENDA**

### ***EMDR Therapy Refresher Course | On-Demand***

**Lesson 1 Video – 1:37:54**

**Lesson 2 Video – 1:04:05**

**Lesson 3 Video – 20:48**

**Recorded Demonstration Video – 1:05:27**

**Lesson 4 Video – 1:09:38**

**Lesson 5 Video – 37:06**

**Lesson 6 Video – 34:13**

**Lesson 7 Video – 35:44**

**Calm Place Exercise Video – 26:02**

**EMDR Demonstration Video – 1:05:27**

**Container Exercise Video – 09:09**

**Ally Exercise Video – 14:25**

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**TOTAL COURSE HOURS: 8 hours and 39 minutes**