



Trainer Day December 6, 2024

Learning Objectives

1. Participants will be able to identify practical applications of adult learning that enhance EMDR basic training.
 2. Participants will be able to describe concepts of neurobiology as they relate to EMDR therapy and the AIP model and its implications for EMDR training.
 3. Participants will be able to identify strategies for self-care before, during, and after the EMDR training.
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Presentations & Speaker Bios

Practical Applications of Adult Education into EMDR Training (10:30am – 12pm Central)

- This presentation is designed specifically for EMDR trainers looking to enhance their teaching methods by incorporating adult education principles. Participants will explore practical strategies for engaging adult learners, including techniques to foster active learning, address diverse learning styles, and create a collaborative training environment.

Jose Carbajal, Ph.D, LCSW

Jose Carbajal, PhD, LCSW, is an Associate Professor of Social Work at Stephen F. Austin State University. After his time in the U.S. Army, he attended Baylor University, where he earned his bachelor's and master's degrees in social work and theological studies. He completed his PhD in social work at the University of Texas at Arlington. Jose has several publications, and he has conducted many professional presentations and trainings. Jose's research focus is on the interventions clinicians use to treat trauma, neuroscience, and faith. Jose has over 15 years of clinical experience, as well as extensive teaching experience leading seminars and workshops. His clinical specialties are trauma, sexual abuse recovery, domestic violence, and substance abuse. Dr. Carbajal is EMDRIA Approved Consultant and Trainer.

Tracy Musarra Marchese, LCSW

[Tracey Musarra Marchese](#) received her Master of Social Work (MSW) degree from Rutgers University in 1993. She is currently a Licensed Clinical Social Worker (LCSW) in both NY and NJ. During her 30+ years of experience, Tracey has worked in various health and mental health settings, as well as in private practice. She has developed expertise in the areas of trauma, dissociation, and mind-body wellness. Tracey is an EMDR Certified Therapist and an EMDRIA Approved EMDR Consultant and Trainer, is a certified Perinatal Bereavement Counselor and a certified Prepare/Enrich Counselor, is Intermediate Level trained in Somatic Experiencing, and has advanced training in Evolving Thought Field Therapy (EvTFT). She is currently a Professor of Practice in the School of Social Work at Syracuse University, Clinical Adjunct Professor in the Department of Psychiatry at SUNY Upstate Medical University at Syracuse, and she has a private practice in Syracuse, NY.

Exploring the Neurobiology of EMDR Therapy and the AIP Model (12:30pm – 2pm Central)

- This presentation is designed to equip EMDR trainers with a clear understanding of the neurobiological underpinnings of EMDR therapy and the Adaptive Information Processing (AIP) model. The session will focus on simplifying complex concepts to enhance trainers' ability to explain the AIP model and EMDR's mechanisms of action in a clear and accessible way.

Uri Bergmann, Ph.D.

A past President of the EMDR International Association (EMDRIA) and past Vice President of the State Board of Directors for the New York State Society for Clinical Social Work, [Dr. Bergmann](#) is also a lecturer and EMDRIA-approved consultant on EMDR, the neurobiology of EMDR, and the integration of EMDR with psychodynamic and ego-state treatment.

Taking Care of Self – During, Before, and After Training (2:30pm – 4pm Central)

- As an EMDR trainer, managing your energy and emotional balance is vital to delivering high-quality, impactful trainings. We'll explore tools to prevent burnout, maintain focus, and recharge between sessions, ensuring you can consistently offer your best to your trainees while caring for your own needs.

Jonna Fries, Psy.D.

[Jonna Fries](#), PsyD, studied and taught Integrative Body Psychotherapy for 12 years before she began seeking a more efficient method to heal clients suffering from trauma. Her EMDR journey launched in 2012 with Curt Rouanzoin, PhD, as her trainer. Fascinated by EMDR therapy's

elegance and efficacy, she strove to become a skilled EMDR practitioner and continues to devote herself to learning and teaching EMDR for EMDR Professional Training and for Trauma Recovery/EMDR Humanitarian Assistance Programs (HAP). As an EMDRIA Certified Therapist, EMDRIA Approved Consultant, and EMDRIA Approved Trainer, Jonna brings experience and knowledge to her EMDR therapy work, acquired through her doctoral emphases in systems and diversity, experience as a senior adjunct instructor for The Chicago School of Professional Psychology's Clinical Forensic Program, leadership as the past director of Counseling and Psychological Services at California State University, Los Angeles, provision of psychotherapy services to university students since 2008, ongoing consultation to eating disorder professionals, textbook authorship on the treatment of eating disorders, and extensive group and couples work. In her Mid-Wilshire Los Angeles private practice, Jonna specializes in trauma, eating disorders, and couples.

Irene Rodriguez, LMHC

[Irene M. Rodriguez](#), M.S., LMHC, REAT, is the founder and director of Mindful Journey Center. She holds a Master's degree in Mental Health Counseling and is a Licensed Mental Health Counselor. Irene is a Registered Expressive Arts Therapist (REAT), an EMDRIA-approved consultant and trainer. She is also a Certified Laughter Yoga Facilitator and Meditation Facilitator. Irene co-authored a chapter on EMDR Therapy and Expressive Arts Therapy with Dr. Jamie Marich in the book *EMDR Therapy and Creative Arts*.

Irene is known for her supportive approach to training, meeting trainees where they are and helping them develop skills with compassion and guidance. Her career began in community mental health, and she has since specialized in areas such as addiction, complex trauma, attachment, dissociation, mindfulness, expressive arts, and compassion fatigue. She creates workshops and trainings that foster a sense of community, fun, and a non-judgmental environment for enhancing learning.