

# Workshop Overview

## WHAT'S THAT EYE MOVEMENT THING YOU DO?

Eye Movement Desensitization and Reprocessing (EMDR) is a viable psychotherapy for the treatment of trauma and other mental health disorders. In this interactive workshop an overview of EMDR Therapy will be provided, exploring the model, method and mechanism of action of this highly efficacious approach to treatment. We will clear up common misconceptions about the therapeutic approach, explore client appropriateness for EMDR referrals, and help you to decide if further training in EMDR is for you. Some EMDR related techniques are taught for use by attendees in clinical settings.

# WHAT'S THAT EYE MOVEMENT THING YOU DO?

An Introduction to EMDR Therapy

“In this interactive workshop an overview of EMDR therapy will be provided...”



Please join Northwest Ohio  
Counseling Association  
&  
Nu Epsilon Chi Chapter of Chi  
Sigma Iota  
in Welcoming  
Amber Stiles-Bodnar  
M.S.Ed., LPCC-S, LCDC III



MARCH 26, 2021  
8:30 AM - 11:30 AM  
3 CEUs

Free for Members and Students  
\$20 for Non-Members





# Amber Stiles-Bodnar

## M.S.Ed., LPCC-S, LCDC III

Amber works at Cadence Care Network as a trauma expert, assisting with special projects, program development, and integrating trauma informed care standards throughout the agency. As the former Supervisor of Foster Care, she has extensive experience treating and overseeing the treatment of children and families.

Amber is a Certified Master EMDR Therapist, Approved Consultant and Trainer through the EMDR International Association (EMDRIA). She is also a member of the American Academy of Experts in Traumatic Stress, the American Counseling Association. She also provides clinical supervision to counselors and mentorship to those in the helping professions providing guidance and instruction to improve their clinical mastery. She provides individual and group consultation for EMDR therapists working on developing their expertise within the EMDR field.

Amber has dedicated herself to improving the lives of those faced with trauma and hardships which is evidenced in her clinical work with adults, children and families. She provides numerous trainings focusing on trauma, addiction, mindfulness, and crisis intervention. Her trainings provide an emphasis on the effects of trauma and the treatment needs of individuals, including children, military and other specialized occupations such as police, fire and EMS at the local, state and national level.

