

Gardner-Webb University

## Digital Commons @ Gardner-Webb University

---

Gardner-Webb NewsCenter Archive

Gardner-Webb Publications

---

7-23-2014

### **GWU School of Psychology and Counseling to Cohost Trauma Recovery Training**


Office of University Communications

Follow this and additional works at: <https://digitalcommons.gardner-webb.edu/gardner-webb-newscenter-archive>

---

# GWU School of Psychology and Counseling to Cohost Trauma Recovery Training

---

 [webpublish.gardner-webb.edu/newscenter/gwu-school-of-psychology-and-counseling-to-cohost-trauma-recovery-training/](http://webpublish.gardner-webb.edu/newscenter/gwu-school-of-psychology-and-counseling-to-cohost-trauma-recovery-training/)

Office of University Communications

July 23, 2014

## *Eye Movement Desensitization and Reprocessing (EMDR) Basic Training Planned Aug. 15-17*

BOILING SPRINGS, N.C. – Preferred Choice Healthcare, in collaboration with the Gardner-Webb University School of Psychology and Counseling, is planning a unique three-day training from Aug. 15 through Aug. 17, in room 103 of Lindsey Hall on the GWU main campus. Facilitators will train individuals on the use of Eye Movement Desensitization and Reprocessing (EMDR) therapy to effectively aid victims of trauma.

According to training officials, EMDR is a cost-effective, non-invasive method of psychotherapy that is used to treat individuals with Post Traumatic Stress Disorder (PTSD) and other traumatic psychological experiences that have overwhelmed the brain's natural resilience or coping capacity. Through EMDR therapy, many patients are able to reprocess traumatic information so that it is no longer psychologically disruptive.

EMDR Basic Training involves two three-day sessions, including didactic and supervised practice. The event planned at GWU is the first of two weekend training opportunities. Following participation in the classroom training session, each attendee will also schedule 10 hours of supervised consultation in order to complete the required curriculum.

Preferred Choice Healthcare (Shelby, N.C.) is presenting the training, which will be led by Mark Nickerson. An EMDR International Association approved consultant and training facilitator, Nickerson has operated an individual and family psychotherapy practice in Amherst, Mass., for 30 years.

The cost of the training is \$395, plus additional fees if continuing education credits are needed. Registration and eligibility information is available online at [emdrhap.org](http://emdrhap.org). For additional details, contact Dr. Jamie Powell of Preferred Choice Healthcare at (704) 487-4000 or email [jamie@pchnc.com](mailto:jamie@pchnc.com).

*The mission of Preferred Choice Healthcare, Inc. is to provide professional services to individuals suffering difficulties arising from mental health and substance use related concerns in a holistic framework, based upon the values of respect, integrity, and dignity. Preferred Choice Healthcare strives to communicate these core values by demonstrating empathetic, authentic and genuine care in meeting each client's unique needs.*

*Located in Boiling Springs, N.C., Gardner-Webb University blends a liberal arts core curriculum with more than 55 major and minor professional programs of study, a comprehensive academic experience that flows from our Christian commitment to intellectual freedom, service and leadership.*