About the Presenter:

Debbie Hutchinson has been a licensed clinical social worker, trainer, clinical supervisor and CASAC for more than 30 years. She is a member of NYS OASAS, NYSSCSW and the EMDR International Association. Besides being the sole owner of her fulltime private practice in New Paltz, NY, Debbie is an adjunct professor at SUNY Empire, has presented at the NYS OASAS Conference for Substance Abuse Counselors, for the NYS Society of Clinical Social Workers, and is a regular presenter for substance abuse treatment professionals for Health Alliance clinicians. In 2001 she became an EMDR clinician and is now a Certified Therapist in EMDR. She continues to develop her expertise in EMDR to provide treatment for trauma survivors, substance abusers, clients with process addictions, headache sufferers, and depressed and anxious clients. She provides supervision for therapists seeking guidance

The Trauma Institute of Orange County began as an initiative over a decade ago, providing guidance, education, clinical consultation, and professional training to service providers in our area. The Institute is a collaboration of representatives from mental health and human service agencies whose goal is to promote professional development and leadership in the area of Trauma-Informed Care.

www.orangecountygov.com/traumainstitute
EMDR, or Eye Movement, Desensitization, and Reprocessing, is an evidence-based mind/body treatment that reduces trauma and other symptoms. Unlike Cognitive Behavioral and other therapies, EMDR encourages the connection between thoughts and feelings through the use of bilateral stimulation, which connects the left and right sides of the brain. Often the trauma experienced is suppressed at the time of the incident. The suppression is held unconsciously within a person, and exacerbates reactions commonly viewed with PTSD.

Participants will be introduced to the origins of EMDR and how the brain works during trauma in a user friendly manner. Specifically, participants will:

- Learn the tenets of EMDR Therapy to help their clients reduce trauma symptoms;
- Be introduced to an EMDR Therapy intervention;
- Understand how to help clients identify targets for the reduction of trauma symptoms and in preparation of formal EMDR protocol;
- Learn the 8 Phases of EMDR

### 3 Continuing Education Hours

The Trauma Institute of Orange County is recognized by New York State Education Department State Board Offices for Social Work and Mental Health Practitioners as an approved provider of continuing education for Licensed Social Workers, (#0028); Licensed Mental Health Counselors (#MHC0032); Psychoanalysts (#P-0012); Licensed Creative Art Therapists (#CAT-0049) and Licensed Marriage and Family Therapists (#MFT-0023). This educational offering is acceptable for 3 continuing education contact hours. Full attendance is required to receive credit; variable credit for partial attendance may not be awarded based on State Board guidelines.

Certificates will be available on-site.

For questions and/or to be added to our distribution list, please contact Robin Gerry & Kristen Fortuna at: octraumainstitute@orangecountygov.com

---

**Date:**
February 2, 2018

**Snow Date:** February 9th

In the event of inclement weather, please call (845) 341-7405 for training updates.

**Location:**
Emergency Services Center
22 Wells Farm Road
Goshen, NY 10924

**Time:**
9:00 AM – 12:00 PM

**Cost:**
$25

**NYS Continuing Education Hours:**
3 Hours

**Registration:**
To register and pay, please visit: [https://bookeo.com/octraumainstitute](https://bookeo.com/octraumainstitute)