



# EMDR Resourcing

Janie Sheedy, MFT

Wednesday, April 13, 2016, 12-2 PM  
Christian Counseling Centers  
25400 Hesperian Blvd, Hayward, CA

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## ***Help your clients strengthen their inner resources!***

- Part of our **Trauma Training Program**.
- **FREE** for therapists, pastors, and others who minister to trauma survivors.
- **2 CEUs** available through the California Board of Behavioral Science (PCE 5880) for all LMFTs, LCSWs, LEPs and LPCCs, for a fee of \$20.

**TO REGISTER: Visit [www.christiancounselingcenters.org](http://www.christiancounselingcenters.org) or call Joy at (510) 999-6380**

### **About the Workshop**

Eye Movement Desensitization and Reprocessing (EMDR) is an effective therapeutic tool for helping individuals process traumatic life events along with negative emotions, cognitions and physical sensations. Prior to processing traumatic material, it is essential to help clients have internal access to a calm state, enhance positive emotions and strengthen positive memories. This 2-hour training will give an overview of various methods of resourcing clients with eye-movements.

### **About the Presenter**

Janie Sheedy is a licensed Marriage and Family Therapist (MFC# 80846) working in private practice at two locations in both Pleasant Hill and Pleasanton. Janie received her Masters from Western Seminary in 2008 and her B.S. in Psychology through Excelsior College in 2005. She is also board certified with the EMDR International Association (EMDRIA) as an EMDR Clinician. Janie likes working with individuals struggling with grief and loss, depression and anxiety and family-of-origin issues. Janie uses both a relational approach along with her skills, particularly utilizing EMDR. She loves giving people a safe place to tell their stories and find depth and meaning to their suffering, as well as find resolution and reintegrate their stories in a more adaptable manner. Janie has continued to participate in advanced skills for using EMDR, including Dyadic Resourcing and the Feeling State Addiction Protocol.