

# EMDR And Couples Therapy: A Path To Compassionate Healing And Relationship Transformation

12.0 CE Credits  
Home of the Terrapin King –  
Chesapeake Bay, Maryland, USA



Friday, September 25, 2026 - 4:00 PM – 8:30 PM ET (4.0 CE hours)  
Saturday, September 26, 2026 - 9:00 AM – 6:30 PM ET (8.0 CE hours)  
September 27, 2026 - Non-instructional activities and departure day (No CE credit awarded)

CE Experience: Lodging, workshops, meals, and wellness practices.

## About the CE Session

This intermediate-level continuing education training provides evidence-informed instruction on applying EMDR therapy within systemic couples treatment contexts. The course emphasizes clinical decision-making, client readiness criteria, contraindications, and relational trauma conceptualization through the Adaptive Information Processing (AIP) model. Participants review practical applications of the eight phases of EMDR therapy in couples work, structured methods for conducting couple and individual assessments, and clinical strategies for integrating trauma processing within relational systems. Emphasis is placed on ethical scope of practice, trauma-informed care, and evidence-based intervention planning within couples therapy contexts.

## Learning Objectives

- Identify and describe at least three clinical benefits and three elements of the rationale for integrating EMDR into systemic couples therapy.
- Describe and sequence at least six of the eight phases of EMDR therapy within conjoint relational contexts.
- Formulate at least one relational case conceptualization using the Adaptive Information Processing model.
- Identify at least three couples and three individual trauma-informed assessment strategies.
- Differentiate at least three appropriate and three contraindicated presentations for conjoint trauma processing.
- Describe at least three ways trauma impacts relational functioning and attachment dynamics.
- Develop at least three structured history-taking components for conjoint and individual interviews.
- Demonstrate at least two strategies for integrating EMDR into ongoing couples therapy.
- Identify at least three stabilization strategies and three session-planning considerations for safe conjoint EMDR work.
- Identify and prioritize at least three follow-up session targets following intake.
- Determine at least three EMDR integration strategies based on readiness and contraindications.
- Design one forward-looking conjoint EMDR session sequence incorporating pacing and stabilization.



## EMDR with Dr. Linda Timme

DSW, MSW, LCSW, LCSW-C | Certified EMDR Therapist |  
EMDRIA Approved Consultant | Advanced Credit Provider

Dr. Timme is the Founder and Clinical & Continuing Education Director of Renew Psychotherapy Center, LLC. She specializes in trauma-informed care and the integration of EMDR therapy within couples treatment. She has completed Level 3 training in the Gottman Method and specialized training in LENS Neurofeedback. Her work focuses on applying advanced EMDR protocols to address individual trauma within relational systems, enhance emotional regulation, and support secure attachment processes.

## Instructor Credentials



## CE Credit & Approval Statement



### National Board for Certified Counselors (NBCC)

Renew Psychotherapy Center, LLC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7875. Programs that do not qualify for NBCC credit are clearly identified. Renew Psychotherapy Center, LLC is solely responsible for all aspects of the programs. Participants are encouraged to check with their professional licensing board regarding CE acceptance.



### ACE Individual Course Approval Statement

Renew Psychotherapy Center, LLC, provider # 2539, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/26/2025–11/26/2026. Social workers completing this course receive 12 clinical continuing education



### American Psychological Association (APA)

Application for APA sponsorship of continuing education for psychologists has been submitted and is currently under review and cannot be guaranteed. Psychologists are responsible for verifying CE acceptance with their licensing board.

**Early Bird (Shared Room): \$1,400 (through May 24, 2026)**

**Shared Room: \$1,750 | Single Room: \$2,500**

**Deposit: \$500 (non-refundable; applied toward total)**

**Requests for information: [www.renewemdr.org](http://www.renewemdr.org) | [contact@renewemdr.org](mailto:contact@renewemdr.org)**