

EMDR & BEYOND: The Science of Connection: A Continuing Education Program on Trauma-Informed Care for Youth, Adults, and Families

In-Person Summit | Beach El Peñascal, Peru

Retreat Dates: April 8–11, 2026

Instructional CE Dates: April 9–10, 2026

Total CE Hours Offered: 10.5 CE Hours



About the CE Session

This intermediate-level, two-day continuing education program provides an evidence-informed overview of trauma-informed psychological assessment and intervention across the lifespan. Grounded in established psychological theory and contemporary peer-reviewed research, the activity reviews CBT and EMDR therapy consistent with the Adaptive Information Processing (AIP) model and the standard eight-phase EMDR protocol.

Featured CE Sessions

PRESENTER

Dr. Linda Timme, DSW, MSW, LCSW, LCSW-C

Dr. Linda Timme, DSW, LCSW, provides psychotherapy and delivers CE programs nationally and internationally. She is a Certified EMDR Therapist, Advanced Trainer, and EMDRIA-Approved Consultant. Her work integrates EMDR, CBT, and somatic stabilization within trauma-informed, neurodiversity-affirming care. She emphasizes ethical, culturally responsive practice for complex clinical needs, including IDD.

Integrated Trauma-Informed, EMDR, and Evidence-Based Approaches for Neurodiverse Adults and Individuals with IDD | April 9, 2026 | 4.0 CE Hours

Learning Objectives

- Differentiate at least five categories of potentially traumatic events and analyze their acute versus chronic effects on psychological functioning, behavioral presentation, and physical health.
- Explain and apply trauma-informed assessment considerations for neurodivergent adults and individuals with intellectual and developmental disabilities (IDD), including at least three clinical factors (e.g., diagnostic overshadowing, communication differences, sensory processing patterns, or co-occurring mental health conditions) that may influence case conceptualization and treatment planning.
- Using a structured case vignette, demonstrate at least two sensory-informed or somatic stabilization strategies and describe how these strategies may be incorporated as adjunctive supports within EMDR Phase 2 (Preparation) to support client readiness, affect regulation, and engagement prior to trauma processing.
- Compare and contrast EMDR therapy and trauma-focused cognitive behavioral therapy (CBT) by analyzing at least three differences in theoretical framework, intervention targets, and session structure, and identifying appropriate clinical considerations (e.g., pacing, environmental accommodations, caregiver involvement, contraindications, consultation, or referral) when working with neurodivergent or IDD clients.

PRESENTER

Dr. Rocio Hernández, PhD, LPCC, LMFT

Dr. Rocio Hernández is a licensed psychotherapist in CA, TX, and HI specializing in childhood trauma, anxiety, relationships, and safety through connection, integrating EMDR and other modalities. She brings 20+ years of public health and community leadership and helps clients heal distressing memories and move toward meaningful, positive goals.

Understanding Child Trauma for Grown-Ups | April 10, 2026 | 6.5 CE Hours

Learning Objectives

1. Identify and describe at least ten brain structures and nervous system components involved in threat detection, arousal regulation, and safety processing (e.g., amygdala, hippocampus, prefrontal cortex, hypothalamus, HPA axis, sympathetic and parasympathetic nervous systems).
2. Explain at least three core principles of Polyvagal Theory and differentiate ventral vagal and dorsal vagal response patterns as they relate to trauma-related defensive responding and behavioral presentation.
3. Identify and summarize legal and ethical considerations relevant to the assessment and treatment of childhood trauma, including informed consent/assent, mandated reporting obligations, limits of confidentiality, and scope-of-practice boundaries.
4. Using structured clinical examples, select and demonstrate at least five evidence-supported stabilization and regulation strategies (e.g., grounding, paced breathing, orienting, affect-regulation skills, caregiver-supported co-regulation) intended to support emotional regulation and readiness prior to trauma processing.
5. Describe the Adaptive Information Processing (AIP) model and outline the purpose and function of each phase of the standard eight-phase EMDR protocol as it informs case conceptualization and treatment planning with children.
6. Evaluate and identify at least two ethical clinical decision-making considerations when working with traumatized children and families (e.g., readiness, contraindications, need for consultation/supervision, referral, or higher level of care).

CE Credit & Approval Information



Renew Psychotherapy Center, LLC is approved by the American Psychological Association to sponsor continuing education for psychologists. Renew Psychotherapy Center, LLC maintains responsibility for this program and its content.



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 Summit receive 12 clinical continuing education credits.



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.

CE Experience Includes: Workshops, oceanfront lodging, meals, and cultural activities.

Registration

Shared Room: \$1,750 | Single Room: \$2,500-\$3,500

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

Requests for information: www.renewemdr.org | contact@renewemdr.org

No commercial support was received for this program. Non-Financial Disclosure: No relevant non-financial relationships to disclose.