JUSTICE INSTITUTE OF BRITISH COLUMBIA
COURSE OUTLINE

Division: **Centre for Leadership and Community Learning**

Program: **Counselling and Capacity Building**

Course Code: **SPE133**

Course Title: **Eye Movement Integration Therapy**

	New Course		Revised Course

Previous Course Code & Title:

Course Effective Date: **January 25-26, 2007**

Course Level:

	First Year		Second Year		Third Year		Fourth Year
X	Other:						

	Required	**X**	Elective	# of Credits: **1**

Delivery Method:

	Method	Hrs
X	Face to Face	**14**
	Online	
	Correspondence	
	Simulation / Lab	
	Practicum	

Is this course delivered only online?   ☐ Yes   **X** No   ☐ # Hours

Comments:

Pre-requisites:

Equivalent Course(s) within the JIBC:

Transfer Credit Exists at: (List Institutions)

Course Description:

This 2 day workshop is for those in the helping professions such as social workers, mental health staff, counsellors and clinical psychologists. Eye Movement Integration (EMI)is a powerful and yet very simple psychotherapeutic tool to effectively help clients who suffer from recurrent and negative memories from any traumatizing experience, including those with PTSD. As the name implies, EMI uses the natural interrelationship of eye movements and thought processes to aid in the integration of distressing memories with beneficial, counter-balancing memories and information. Natural resolution of memories is sometimes blocked after traumatic experience, and these memories may remain isolated and fragmentary.

Grading System: Check whichever applies to this course: (if applicable)

	Letter Grades		Percentage		Pass/Fail		Credit/No Credit
	Complete/Incomplete	**X**	Attendance Only				

Passing Grade:

- 100% attendance in class
- Active contribution in large and small group discussions and activities

Grading Scale:

Letter Grade	Grade Points	% Range	Letter Grade	Grade Points	% Range
A+	4.33	90-100	C+	2.33	64-67
A	4.00	85-89	C	2.00	60-63
A-	3.67	80-84	C-	1.67	56-59
B+	3.33	76-79	D	1.00	50-55
B	3.00	72-75	F	0.00	0-49
B-	2.67	68-71			

Evaluation - Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%		

Comments:

Course Goals:
At the end of this 2-day workshop, participants will be able to describe the basic principles and stages of the EMI approach and treatment, understand the possible mechanisms underlying its efficacy, explain how to overcome client resistance and how to take appropriate precautions with clients.

Learning Objectives:

Upon successful completion of this course, participants will be able to:

- Describe the different stages of the EMI treatment.

- Identify clients who would benefit from EMI.

- Discuss how to overcome client's resistance.

- Identify the various precautions to take with clients.

- Implement EMI in their professional work with clients, applying all of the knowledge demonstrated in the preceding objectives.

Course Topics/Content:

- The Origins of EMI.

- The role of eye movements in everyday life.

- Description of the numerous applications of EMI.

- How memories are recorded.

- Evaluation and assessment in EMI.

- How to target the right memory.

- Eye movement patterns used in EMI.

- EMI treatment.

- Closing the treatment.

- Closing an "incomplete" treatment session.

- Subsequent treatment sessions and follow-up.

- Dealing with client resistance.

- Additional considerations and information (medication, timing the application fo EMI, frequency, number of treatments, etc.).

- EMI with children.

- Prevention of PTSD for the client and for the therapist.

Text and Resource Materials: (APA Style Guidelines)

- *Beaulieu, Danie (2006).* Impact Techniques for Therapists*, New York: Routledge.*

Required	Author Surname, Initials - Title	Date Published	Current Edition	Place of Publication	Chapter(s) Covered
1.					
2.					
3.					
4.					
5.					

Comments and Course Policies:

To view the Justice Institute of BC Policies listed below, visit:

http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm

Access Policy	Academic Appeals Policy
Harassment Policy	Intellectual Property Rights Policy
Prior Learning Assessment Policy	Research on Human Subjects: Ethics
Student Code of Conduct	Student Records