



## Taking EMDR Training to the next level with Deany Laliotis

Deany Laliotis, LICSW, specializes in providing EMDR therapy in cases of complex developmental trauma and attachment issues. She is the Director of Training for EMDR Institute, Inc., where she is a Senior Trainer, and has been a faculty member since 1993. An EMDRIA-approved Consultant, she is an invited speaker worldwide on advanced applications of EMDR therapy as a comprehensive approach. She is the co-director of EMDR of Greater Washington and maintains a private practice in Washington, DC. Deany was also presented with the prestigious Francine Shapiro Award — For Outstanding Contribution and Service to EMDR Therapy — at the 2015 EMDR International Association Conference. We recently caught up with Deany about her involvement with EMDR therapy and her more recent work with Carol Martin, Executive Director, Trauma Recovery, EMDR Humanitarian Assistance Programs.

Deany shared, “In 1992, I was working at the Baltimore veteran’s Hospital and we were just deluged in post-trauma issues. So when I learned EMDR therapy, it not only changed my practice but it truly changed my life. I also had the great fortune to get my initial training at a time when there was tremendous growth in the EMDR community. Very early on, I was invited to join the EMDR Institute faculty as a facilitator, and I was excited for the opportunity to participate in spreading the word on this transformative approach to treating trauma. I

could see that this was going to be a big deal going forward.”

“As part of the faculty, I attended many, many trainings, and so I had the chance to hear the information repeated and reinforced over time. And I can honestly say, I learned something new each time,” Deany said. As a consequence of her immersion in this continuous learning process, Deany began to see that there was more that could be done for other trainers.

For the past 15 years, Dr. Francine Shapiro did all the training of trainers for Trauma Recovery/HAP. But as she began to focus more on writing and research, Dr. Shapiro turned to Deany to take over the trainings. “I’ve been incredibly fortunate to have the privilege of working closely with Francine Shapiro,” Deany explained. “And, over time I’ve learned so much from her about how to teach people what they need to learn. I also became more involved in revising the training manuals and looking at how we can keep improving our product.”

Shapiro has always maintained a high standard for the clinical training program with the goal of consistency in clinical outcomes, preserving fidelity to the model as well as the trainings themselves. Trainers in the US and abroad associated with EMDR Institute and Trauma Recovery/HAP strive to provide that same high quality of training for all of their attendees, all of whom will be servicing clients in need of this comprehensive treatment approach.

Trauma Recovery/HAP’s Executive Director approached Deany to help create a process to provide additional volunteer support for agency trainings. “Carol and I were in complete agreement that we could do more,” Deany said. “Many of the agencies trained through Trauma Recovery/HAP have some of the toughest cases. They are working in underserved communities that are also frequently underfunded. While these agency clinicians are devoted to their work, they are often younger and less experienced. And they just tend to need more support from the Trauma Recovery/HAP faculty to learn how to use this approach with their challenging clients.”

Carol and Deany have been exploring ways to be more deliberate and pro-active in providing support to the volunteers that are training in these agency settings

where resources are more scarce. This means providing new trainees a connection to the larger local community and supporting their efforts to integrate EMDR Therapy into their clinical repertoire. Trauma Recovery/HAP will be offering additional ongoing case consultation, refresher courses, updates and advanced trainings on EMDR Therapy, creating a local community of EMDR therapists that will become self-sustaining over time. Also, since all of the Trauma Recovery/HAP trainers and facilitators are volunteers, this collaboration honors their commitment and gives them the ongoing resources needed to deliver on the organization's mission.

"As part of my new role as Trauma Recovery/HAP's Curriculum and Training Consultant, we will mentor senior trainers to keep them abreast of updates in clinical developments and research," Deany said. "Even as we mentor the senior trainers in their new role, they will be mentoring the junior trainers who are still developing their skill set as a trainer. We are also in the process of re-instituting the facilitator training program." The hope is to set up a similar mentoring process that will provide the same quality support services that we have for the trainers. In each training, participants are asked to serve three different roles: as a clinician, as a client and as an observer. "It's important to have an expert response if attendees are hit with particularly strong, unexpected or even unwanted emotions. EMDR therapy is a very powerful methodology." Deany said. This has been an important goal of Trauma Recovery/HAP to assure training faculty are well prepared and supported.

Trainers will also be offered the flexibility to introduce special topics to help their agency clients with specific needs. "For instance, an agency may have a large number of addiction cases, so giving them some specific guidelines on how to apply EMDR therapy with this special population will be important in helping them integrate this methodology."

Deany concluded, "We are all passionate about EMDR therapy and the difference it makes in people's lives. We truly believe in what we teach and what we do. I'm so excited to be a part of Trauma Recovery/HAP's dedicated mentoring program that promotes excellence and encourages consistency, while offering opportunities to better meet the needs of communities we serve."