

**MARCH 06-07,  
2026**

**A WORKSHOP WITH  
SANDRA PAULSEN, PH.D.**

**EMDR THERAPY FOR NEURODIVERGENT MINDS:  
A FOCUS ON OCD AND AUTISM**

**HOSTED BY: SHERI REZAK-IRONS, MSW, LCSW & LAURIE FURMAN, MS, MSW, LCSW**

**PRICING:**

**LICENSED CLINICIANS: \$435**

**\*EARLY BIRD:  
Deadline: \$385  
Feb. 1**

**NON-PROFIT: \$385**

**OLIVETTE, MISSOURI**

**VIRTUAL OPTION AVAILABLE**

**FIVE OAKS ON WARSON**

**1200 N. WARSON ROAD  
OLIVETTE, MISSOURI 63132  
WORKSHOP CONDUCTED IN CENTRAL STANDARD TIME**



**RECEIVE  
12 CEs  
12 EMDRIA  
credits**

CE-Classes.com is the provider of (CEs)  
Attendance at the entire training is required for CEs & EMDRIA CEs  
Licensed Professionals should contact their regulatory board to determine course approval.

**CLICK HERE TO REGISTER:**

**[WWW.STLEMDR.EVENTBRITE.COM](https://www.stlemdr.eventbrite.com)**



# EMDR THERAPY FOR NEURODIVERGENT MINDS

WITH SANDRA PAULSEN, PH.D.

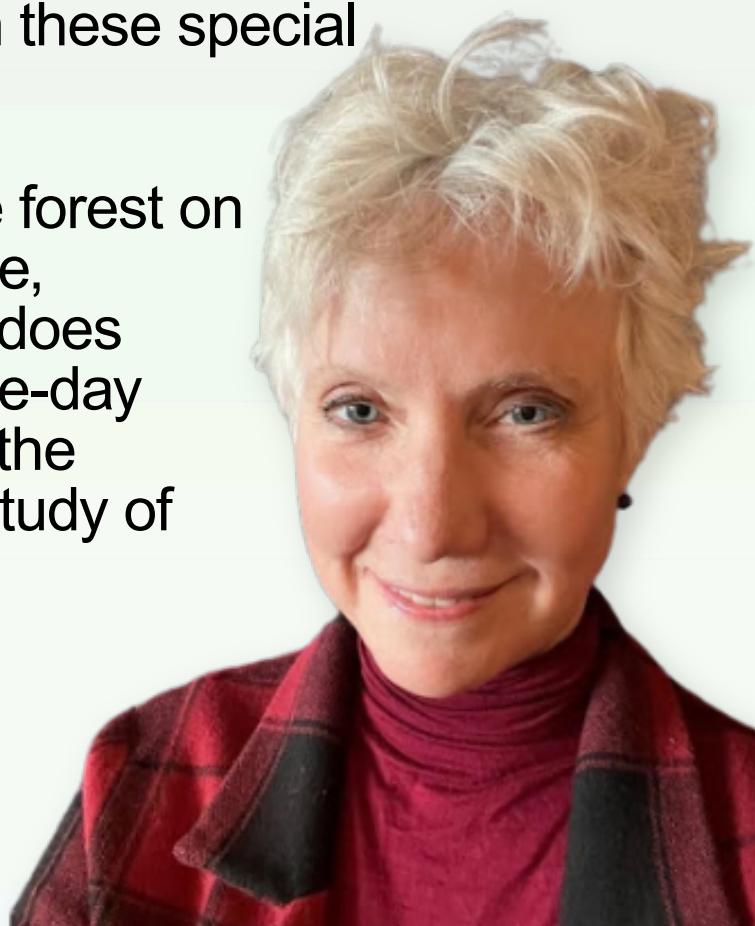
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## ABOUT SANDRA PAULSEN

Led by Dr. Sandra Paulsen, Ph.D., this two-day training will explore two distinct forms of neurodiversity.

Sandra Paulsen, Ph.D., is an international instructor, author and illustrator on using EMDR with complex trauma including structural and somatic dissociation and trauma held in implicit memory. She developed the first protocol for the use of EMDR with highly dissociative individuals, publishing cautions about EMDR with dissociation, and for first urging the screening of every client for dissociation before administering EMDR. She has trained thousands of mental health professionals in these special procedures since 1993.

She lives in a log house in the forest on Bainbridge Island, near Seattle, Washington, USA where she does intensive treatment in the three-day format. Sandra is a Fellow of the International Society for the Study of Trauma and Dissociation.

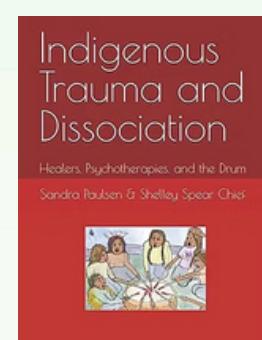
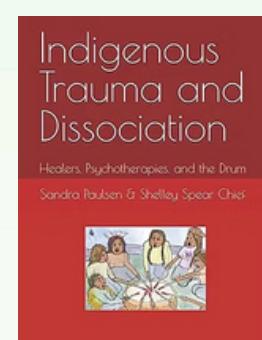
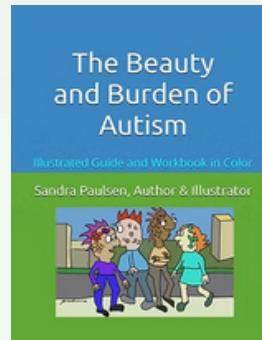
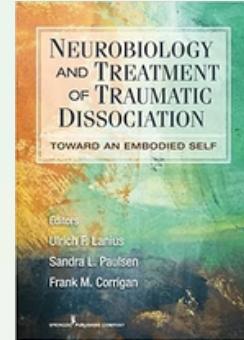
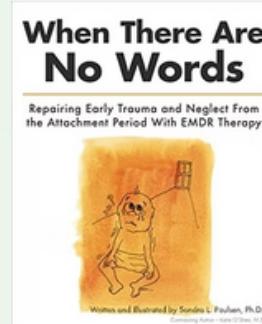
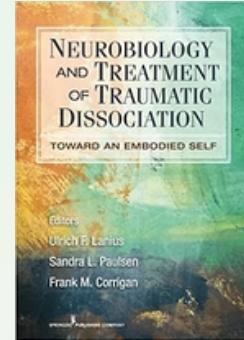
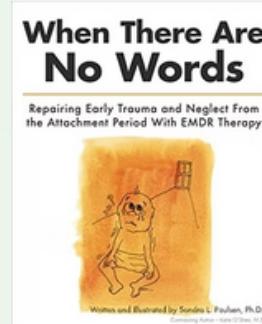


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### PAST WORKS INCLUDE

- The coedited Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self with Ulrich Lanius and Frank Corrigan
- The Beauty and Burden of Autism: An Illustrated Guide and Workbook
- Looking Through the Eyes of Trauma and Dissociation: An Illustrated Guide for EMDR Therapists and Clients
- When There Are No Words: Repairing Early Trauma and Neglect from the Attachment Period with EMDR Therapy
- Indigenous Trauma and Dissociation: Healers, Psychotherapies and the Drum, with Shelley Spear Chief
- We're Listening Body: Integrating EMDR, Somatic and Ego State Therapies with Derrick Doige
- And All the Colors of Me: My First Book on Dissociation with Ana Gomez



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## **DAY 1, MARCH 06, 2026**

**8:00 AM - 8:30 AM** Registration

**8:30 AM - 10:00 AM** OCD Cycle

**10:00 AM - 10:15 AM** Break

**10:15 AM - 11:45 AM** Types of OCD and Assessing OCD Phase 1

**11:45 AM - 1:00 PM** Lunch\*

**1:00 PM - 3:15 PM** Exposure and Response Prevention

**3:15 PM - 3:30 PM** Break

**3:30 PM - 5:00 PM** EMDR, ERP and Ego States

## **DAY 2, MARCH 07, 2026**

**8:30 AM - 10:00 AM** Neurodiverse and Beautiful: The Brain

**10:00 AM - 10:15 AM** Break

**10:15 AM - 12:00 PM** Through the Eyes of Autism & Trauma Types

**12:00 PM - 1:00 PM** Lunch\*

**1:00 PM - 3:30 PM** EMDR Phases 1 - 8

*\*You will be responsible for providing your own lunch..*

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## DAY 1

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### Obsessive-Compulsive Disorder (OCD)

Day 1 will focus on the development and maintenance of OCD. Participants will learn how to integrate EMDR with Exposure and Response Prevention (ERP)—the gold standard for OCD treatment—and, when appropriate, incorporate ego state interventions to enhance outcomes.

#### Learning objectives:

- Describe six types of OCD variants
- Describe the cycle of anxiety increase through obsessional thinking and decrease through compulsive responses
- Identify an assessment process for obsessions and compulsions
- Design an intervention of exposure to obsessional thoughts and response prevention for compulsive behaviors
- Describe how to integrate exposure and ritual prevention within the eight phases of EMDR
- Identify traumatized ego states as the locus of obsessions and compulsions

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## DAY 2

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### Autism Spectrum (Level 1)

Day 2 will center on supporting autistic individuals, particularly those diagnosed with Autism Spectrum Disorder Level 1. Participants will learn about autism beyond DSM-V criteria including how autistic people experience and describe their own neurodiversity. Dr. Paulsen will also review how each phase of EMDR can be adapted to ensure safety and effectiveness. Discussion will include how certain traits or behaviors often labeled as “symptoms” may function adaptively for autistic individuals.

### Learning objectives:

- Define DSM-V criteria for autism
- Define autism as it is experienced phenomenologically by autistic individuals
- Discuss four features of autistic nervous systems
- List four common types of trauma experienced by autistic individuals
- Define eight common terms associated with autism such as monotropism, alexithymia, demand avoidance, and more
- Define modifications often needed for each EMDR Phase with autistics

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## FAQ'S

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### **Will the workshop be livestreamed?**

Yes! The event will be streamed via Zoom. At the time of registration, participants will chose to attend either in person or virtually. Virtual participants will receive instructions on how to participate 14 days prior to the event.

### **Who will be providing the CEs?**

12 EMDRIA Credits will be provided by Sheri Rezak-Irons, LCSW and 12 CEs will be provided by CE Classes.

### **What is your cancellation policy?**

All cancellations must be submitted in writing via email and sent to [laurie@lauriefurman.com](mailto:laurie@lauriefurman.com). Cancellations received 21 days prior-full to March 06, 2026 will receive a full refund. After that, a refund will be issued & a \$50 fee will be assessed. Day of requests/no shows will not be refunded.

### **What are the requirements to attend?**

In addition to the fee to attend, you must have completed an EMDRIA approved Basic Training.

### **Is the location ADA compliant?**

This workshop is held in facilities which are in compliance with the Americans Disabilities Act. Please contact Five Oaks on Warson (*1200 N. Warson Road, Olivette, MO 63132*) at 314-991-1249 if special accommodation is required.

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## FAQ'S

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### **Who should I contact if I have an issue or grievance?**

All grievances must be submitted in writing via email and sent to Laurie Furman at [laurie@lauriefurman.com](mailto:laurie@lauriefurman.com). Laurie typically replies to emails and requests within 5 - 10 business days.

### **Can you tell me more about the CEs?**

CE-Classes.com is the provider of (CEs). 12 CEs Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form.

### **Do I have to attend both days?**

Yes! It is IMPORTANT TO NOTE that attendance at the entire training is required for CEs and EMDRIA CEs.

### **Who is this for?**

Fully trained EMDR clinicians (i.e., Psychologists, Counselors, Social Workers, Licensed Mental Health Professionals, Licensed Marriage and Family Therapists). This workshop is appropriate for those with a Beginner through Advanced skill level.

### **What is the process for receiving the CEs?**

Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form.

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## CE-CLASSES.COM IS APPROVED BY:

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- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0627 Expires 06-2027
- California Board of Registered Nursing. CEP 15647 Expires 11/30/2026.
- California Association of DUI Treatment Programs (CADTP) Provider Number 231
- Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2027
- Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2026 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- Florida Certification Board
- Illinois - CE-Classes.com is a registered social work CE sponsor by the State of Illinois. License 159.001607 Expires 11/30/2027
- Massachusetts Authorization Number: (TBD)
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- Oklahoma Board of Behavioral Health Licensure (LPCs, LMFTs and LBCs)
- South Carolina - CE-Classes.com is approved by the S.C. Board of Examiners for Licensure of Professional Counselors, Marriage & Family Therapist, Addiction Counselors, and Psycho-Educational Specialists (#4696).
- Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- Texas Board of Marriage & Family Therapists – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.

This course is NOT available for NBCC credit

This course does not offer ASWB ACE credit to social workers. However our state board approvals may be accepted for license renewal. Check with your state board.