Course Syllabus: Accelerated Resourcing (AR) for Trauma

Educational Goals

1. Participants will learn how and why Accelerated Resourcing was created.
2. Participants will learn Accelerated Resourcing interventions to help clients address past traumas or disturbing experiences.
3. Participants will gain an understanding of how to integrate Accelerated Resourcing into other modalities or use it as a standalone technique.
4. Participants will learn when Accelerated Resourcing is appropriate to use and when it may not be effective.

Learning Objectives

1. Recognize AR techniques 1-12 and apply 3-4 of the exercises at each practicum session to address trauma or past negative experiences.
2. Name and describe at least 4 Accelerated Resourcing exercises.
3. Describe how to use Accelerated Resourcing as a standalone technique or integrate Accelerated Resourcing exercises in other modalities such as EMDR or Brain/Body related modalities.
4. Identify 2-3 diagnoses where Accelerated Resourcing can help.
5. Identify 1-2 diagnoses where Accelerated Resourcing doesn't help.

Schedule for the 1-Day Training

8:30AM - 10:10	Intro / Training Material: History of Accelerated Resourcing, how long it typically takes, pacing, AR exercises, Indications and Contraindications for using Accelerated Resourcing, Integrating AR into EMDR, Brain/Body modalities, and clinical considerations.
10:10 - 10:15	Break
10:15 - 11:45	Demo Videos (use of AR exercises, 1 demo with Immersive exercises)
11:45 - 12:15	Break
12:15 - 1:15	Practicum 1 & 2 (Use at least 4 of Exercises 1-6)
1:15 - 2:15	Practicum 3 & 4 (Use at least 4 of Exercises 1-12)
2:15 - 3PM	Discussion / Clinical considerations / Questions

Info on Certificate after completing Survey + Practicum / Future trainings

Schedule for the 2-Day Training

Day 1

12:00 - 1:30PM	Intro / Training Material Intro / Training Material: History of Accelerated Resourcing, how long it typically takes, pacing, AR exercises, Indications and Contraindications for using Accelerated Resourcing, Integrating AR into EMDR, Brain/Body modalities.
1:30 - 1:35	Break
1:35 - 3PM	Demo Videos / Questions

Day 2

12:00 - 1:10	Instructions for Practicum 1 & 2 (Use at least 4 of Exercises 1-6)
1:10 - 2:10	Practicum 3 & 4 (Use at least 4 of Exercises 1-12)
2:10 - 3PM	Discussion / Clinical considerations / Questions

Info on Certificate after completing Survey + Practicum / Future trainings

Research Articles / Citations

Shapiro, F. (1989). Efficacy of the eye movement desensitization procedure in the treatment of traumatic memories. Journal of Traumatic Stress, 2(2), 199–223. https://www.emdria.org/resource/efficacy-of-the-eye-movement-desensitization-procedure/

Solomon, R. M., & Shapiro, F. (2008). EMDR and the Adaptive Information Processing Model: Potential Mechanisms of Change. *Journal of EMDR Practice and Research*, *2*(4), 315–325. https://www.emdria.org/resource/emdr-and-the-adaptive-information-processing-model-potential-mechanisms-of-change/

Hase, M., et al. (2018). Eye Movement Desensitization and Reprocessing versus treatment as usual in the treatment of depression: A randomized-controlled trial. *Frontiers in Psychology*, *9*, 1384. doi.org (Evaluates EMDR efficacy for depression) https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2018.01384/full

Manfield, P., Lovett, J., Engel, L., & Manfield, D. (2017). Use of the Flash Technique in EMDR therapy: Four case examples. Journal of EMDR Practice and Research, 11(4), 195–205. doi:10.1891/1933-3196.11.4.195 https://emdr.se/wp-content/uploads/2020/09/Flash-Technique-EMDR-Journal-2017.pdf

De Jongh, A., Amann, B. L., Hofmann, A., Farrell, D., & Lee, C. W. (2022). The status of EMDR therapy in clinical guidelines for the treatment of trauma: A comparison of recommendations. *Journal of EMDR Practice and Research, 16*(2), 52–66. https://psycho-trauma.nl/wp-content/uploads/2015/07/Status-of-EMDR-Therapy-in-the-Treatment-of-PTSD.pdf

Susanty E, Sijbrandij M, Srisayekti W, Suparman Y and Huizink AC (2022) The Effectiveness of Eye Movement Desensitization for Post-traumatic Stress Disorder in Indonesia: A Randomized Controlled Trial. Front. Psychol. 13:845520. Doi: 10.3389/fpsyg.2022.845520 https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.845520/full

Simpson, E., et al. (2025). Clinical and cost-effectiveness of eye movement desensitization and reprocessing for treatment and prevention of post-traumatic stress disorder in adults: A systematic review and meta-analysis. *British Journal of Psychology*, *116*, 1128–1149. https://doi.org/10.1111/bjop.70005