

## LUNCH & LEARN:

# “IS EMDR RIGHT FOR MY PRACTICE?”

A Workshop with Katie Reed, LPC



### A WORKSHOP FOR ALL MENTAL HEALTH PROFESSIONALS

Eye Movement Desensitization and Reprocessing (EMDR) has become increasingly popular in mental health conversations over the last decade amongst therapists and the general public. This is leading to more potential clients seeking out EMDR as a possible intervention. Maybe you know a little about EMDR, but aren't sure if it's the right fit for your practice. You may also have questions about where to begin and how to integrate it into your work. If you are curious as to what the buzz is all about or would like more information about how to get started, this lunch and learn is for you!

LIVE INTERACTIVE ONLINE TRAINING

REGISTER: [laceyamoscounseling.com/workshops](https://laceyamoscounseling.com/workshops)

**FRIDAY  
FEBRUARY 7, 2025**

**1 NBCC HOUR\***

**12:00-1:00 PM CST; \$30.00**

Registration closes 2/7/25;  
11:00AM CST

## WORKSHOP OBJECTIVES

- Participants will leave with an understanding of the evidence for and science behind EMDR, as well as a basic overview of the 8 stages.
- Discussions will also include when EMDR is useful and when other modalities may be more beneficial.
- Lastly, a roadmap to certification will be explained.

## KATIE REED

Katie Reed, LPC has 10 years of experience working with clients, and she formed her private practice, Present Wellness Counseling LLC, in 2018. She is EMDR Certified and also an EMDRIA consultant in training. Her areas of specialty include trauma, anxiety, body image, and postpartum care, and she also loves working with therapists as clients. When not working, she plays a lot of pickleball, practices yoga, and spends time outdoors with her family.



**PROGRAM PROVIDER:  
LACEY AMOS, M.A., ED.S.**

Lacey Amos, M.A., Ed.S. is a Licensed Professional Counselor-Supervisor and the owner of Lacey Amos Counseling. She holds a B.A. in Journalism and Mass Communication from Samford University and began a career in mental health in 2006 after graduating from Louisiana State University. Lacey began administrating training programs in 2019 and enjoys offering quality programs to the mental health community.



**FOR MORE INFORMATION PLEASE CONTACT LACEY AMOS COUNSELING:**

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[laceyamos@laceyamoscounseling.com](mailto:laceyamos@laceyamoscounseling.com) Lacey Amos Counseling has been approved by NBCC as an Approved

Continuing Education Provider, ACEP No. 7549. Programs that do not qualify for NBCC credit are clearly identified.

Lacey Amos Counseling is solely responsible for all aspects of the programs.

\*Online Registration Only~ Personal Checks Not Accepted ~Full Credit Only (Partial Credit Not Available)\*