



# Training Opportunity

The Austin Police Department, Victim Services budget has received added funding to the financial impact of \$50,000. These funds are the result of a recommendation by the Austin Commission for Women to train local counselors within the non-profit and private sectors to provide trauma counseling to survivors of sexual abuse and trauma. The goal being to train said counselors in utilizing a psychotherapeutic treatment known as Eye Movement Desensitization and Reprocessing, (EMDR).

EMDR focusses on the disturbing emotions and symptoms that result from a traumatic event and assist the brain's information processing system so that it can organically move toward natural healing and positive mental health. As DNA backlogs are being addressed the need for more therapists adept in this treatment becomes more than evident.

The Commission for Women estimates that with this funding, the City can train between 25-50 counselors. This approach has the added benefit of building community capacity beyond any one-time allocation to a specific city department or community-based organization.

The Austin/Travis County, Sexual Assault Response and Resource Team, (SARRT) is partnering in this endeavor and will be assisting in the identification of prospective referrals to this new grouping of counselors.

Fees for this training are in the range of \$2,000-\$4,000, plus textbooks and consultations. However, if selected this project would allow interested parties to obtain this training free of charge in exchange for an agreement to partner with the A/TC SARRT and provide survivors of sexual trauma 50 pro bono sessions

within the next three years. Also included as an added benefit for the selected counselors is continued access to the trainers and staff for EMDR consultation purposes.

Those interested should review the following information to begin the application process.

**EMDR training consists of 2 weekends of in-person training and a series of consultations sessions after each weekend. Participants will be expected to participate in all of the required consultations.**

### **TRAINING PROVIDED BY:**

Rick Levinson, LCSW <http://www.ricklevinson.com>

Christie Sprowls, PsyD <https://www.drchristiesprowls.com>

### **TRAINING DATES:**

(Levinson) Jun. 29<sup>th</sup>-Jul 1<sup>st</sup> & Oct 19-21<sup>ST</sup>

(Sprowls) July 13-15<sup>th</sup> & Sept 14-16<sup>th</sup>

### **REQUIREMENTS**

- Licensed as an LPC, LMFT, LCSW (or pursuing licensure)
- 3 years' experience working with survivors of sexual trauma in some capacity is preferable
- Letter of commitment to waive waitlists and session limits for clients referred by the project from your agency (if not in private practice)
- Commitment of 50 sessions pro bono within the next 3 calendar years

### **PROCESS**

1. Submit the following to [emdrproject@gmail.com](mailto:emdrproject@gmail.com):
  - Letter of interest detailing how you meet the requirements, which training you prefer to attend, and contact information
  - Resume
  - 3 letters of recommendation from individuals who can speak to your capacity to work with survivors of sexual trauma

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2. If selected for the project, you'll be contact for an interview by a member of the SARRT.

**Good luck, and thank you for your interest!**