

Bringing truly effective, neuro-regulated mind/body science and solutions to environments where that information is needed most



HC Solutions
TRAINING & CONSULTING, LLC

Multichannel Eye Movement Integration

First Responder Certification Program

In cooperation with
Trauma Counseling & Training of Tucson



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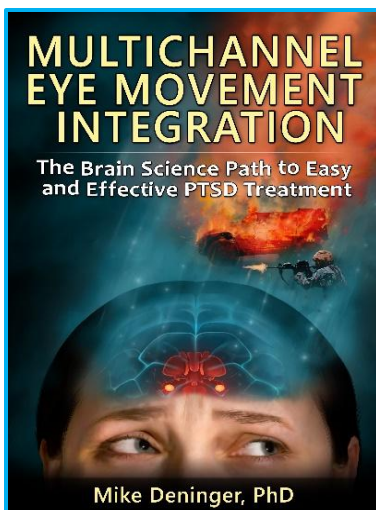
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Overview

This certification program is a joint venture between Trauma Counseling & Training of Tucson and HC Solutions Training & Consulting. Our goal is to train first responders and mental health support personnel to administer the Multichannel Eye Movement Integration (MEMI) technique in peer care settings. This tool for stress reduction introduces a new option for personnel to undergo memory reprocessing assistance in a more comfortable environment with peer advisors they know and choose. The training described herein is recommended for both licensed and non-licensed first responder mental health support personnel.

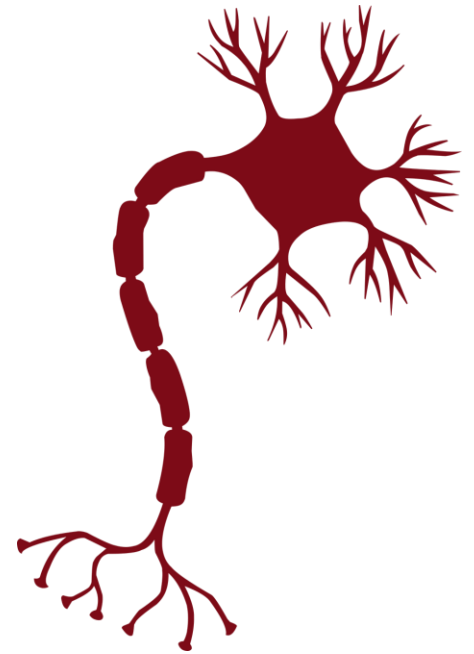


Previously, eye movement-based memory reprocessing procedures were only available in professional counseling settings. This is because the most well-known method (EMDR) was developed and standardized as a clinical mental health treatment model. However, historical evidence confirms that the very roots of EMDR actually trace back to earlier studies conducted by researchers testing hypotheses in the Neuro-Linguistic Programming (NLP) field. NLP is a non-clinical interpersonal communication model and psychological approach that remains popular today. Because NLP's founding and these original eye movement studies pre-date EMDR's invention by more than a decade, convincing evidence suggests that MEMI and EMDR emerged from the same source.



Because this MEMI program offers an accessible, non-clinical memory reprocessing alternative to the clinical models, it does not require formal (accredited) mental health training or professional licensure to be administered. However, our training and certification programs are structured so that participants are equipped with the knowledge and skills they need to use the MEMI protocol safely and effectively. Life coaches, mental health professionals and paraprofessionals, support staff, crisis intervention workers and peer support personnel can be trained to use MEMI to help others reprocess difficult memories. In this way, eye movement reprocessing is now becoming more accessible to the generable public.

Administering MEMI isn't just about the technique's protocol; it's also an opportunity to learn about the cutting-edge brain science that supports it. To prepare trainees to practice the MEMI protocol, participants must first become knowledgeable about the human nervous system—how the brain and memory circuitry work together to inform our choices, responses, and reactions. All day—everyday—first responders interact with people in differing levels of distress. They are expected to anticipate and respond correctly in all situations. Yet the standardized, mandated training they receive is missing critical information about how the human threat protection system functions. This information is necessary, if first responders are expected to be adept at assessing and responding to the variety of circumstances they encounter. In addition to equipping trainees with the skills to use MEMI effectively, this training affords them the neurological information they need to better analyze themselves and the human dynamics they encounter. This improves safety by enhancing proactivity, reducing reactivity, and grows their ability to engage at a high level over an extended period of time.



To accomplish these goals, HC Solutions Training & Consulting and Trauma Counseling & Training of Tucson have jointly constructed a five-day training designed to impart the necessary knowledge of the nervous system, to teach the MEMI protocol, and to develop the skills required to prepare trainees as facilitators. Two independent certification courses have been combined to achieve this goal. In the first two days attendees will complete the **Stress & Trauma Care Specialist Certification Course**. This course is a prerequisite for phase two of the training, the **Multichannel Eye Movement Integration Certification Course**.

The MEMI course spans three days. Participants can attend both courses back-to-back or attend the prerequisite course first and then the MEMI training at a later time. Both courses are taught by HC Solutions personnel. Immediately upon completion of the training, participants can apply to receive their Stress and Trauma Care Specialist Certification through Trauma Counseling & Training of Tucson. To obtain MEMI certification an additional ten hours of group consultation is required. Once completed, participants can then apply for MEMI certification through Trauma Counseling & Training of Tucson.

HC Solutions trainer:

**Brian M. Simmons, MA,
LPC, CH, CCTP-I, CCTP-F, CCPT-T/A, CSTCS-ST**



Brian Simmons is a Licensed Professional Counselor in the State of Texas specializing in trauma & stress-related disorders. Mr. Simmons and his wife (Dr. Stephanie Thurston-Simmons) currently co-own and operate both New Solutions Counseling & Trauma Center and HC Solutions Training and Consulting. Both are located in Southlake, Texas.

Mr. Simmons received a Bachelor's of Arts in Political Science and History from Southern Methodist University and his Masters in Counseling from Amberton University. He completed the majority of his counseling practicum hours at Burning Tree Ranch, a residential dual diagnosis substance abuse rehabilitation treatment center specializing in multi-relapse cases. He also obtained practicum hours at the North Texas Suicide and Crisis Center providing remote stabilization and crisis counseling. Mr. Simmons accrued post-graduate hours in both private practice and at Safe Haven of Tarrant County facilitating Batterer Intervention Prevention Program (BIPP) groups and conducting program intake assessments.

Mr. Simmons has obtained the following trainings/certifications:

- Certified Hypnotherapist
- Certified Clinical Trauma Professional (Individual)
- Certified Clinical Trauma Professional (Family)
- Certified Clinical Trauma Professional (Trauma & Addiction)
- Certified Stress & Trauma Care Specialist
- Certified Stress & Trauma Care Specialist (Sex Trafficking/Instructor)
- Certified Psychotraumatologist (IPA)
- Certified Multichannel Eye Movement Integration Practitioner & Instructor (MEMI)
- Emotional Freedom Technique (EFT)
- Migraine Pain Reduction Protocol, treating dissociative disorders with EMDR
- Acute Stress Syndrome Stabilization procedures (ASSYST)
- EMDR-Integrative Group Treatment Protocol (EMDR-IGTP)
- Eye Movement Desensitization and Reprocessing (EMDR) provider with specialized training in Feeling State Addiction Protocol, Migraine Protocol, & Dissociative Disorders

Prior to beginning his counseling career in 2012, Brian obtained a Texas Peace Officer License in 2001 and served as a full-time law enforcement officer. First with the **Dallas Police Department** and then with the **Kaufman County Sheriff's Office**, where he achieved the rank of Lieutenant.

During his law enforcement career Brian obtained the following specialized training:

- Special Weapons and Tactics
- Hostage Negotiations, Mental Health Peace Officer
- Field Training Officer
- TCOLE Instructor
- Forensic Hypnosis
- Master Peace Officer Certification

Mr. Simmons has spent much of his time working in the field of human sex trafficking survivor recovery. Since 2016, Brian has worked in varying capacities with four non-profits in the battle against sex slavery:

- 2019 (Advisory Board Member for SWAT League)
- 2019-2020 (Director of Operations for Express Missions International)
- 2017-2019 (assisting an NGO that focused on rescuing women and children from ISIS controlled territory in Iraq & from Boko Haram in Africa)
- 2016-2017 (Director of Clinical Care for Valiant Hearts)

During his time assisting in Iraq, he and his wife also designed a child soldier restoration program and an APA certified course: **Sex Trafficking and Sex Industry Exploitation (Certified Stress & Trauma Care Specialist)** that has been used to train caregivers internationally.

Brian also served as an Adjunct Instructor at the Arizona Trauma Institute from 2018-2024.