HOW ARE WE DIFFERENT FROM THE TRADITIONAL TWO WEEKEND TRAINING MODEL?

EMDR International Association Requirements for Approved Basic Trainings

- EMDR International Association requires a total of 40 hours of training including a minimum of 20 hours of supervised practice
- Participants will also require 10 hours of Consultation from EMDRIA Approved Consultants which may OR may not be included in the EMDRIA Approved Basic Training
- Most Basic Trainings are offered on 2-Weekends of 3-Days each. Participants will have to seek Consultations after the first and second training weekends
- When the 10 hours of Consultation is not a part of the Basic Training, the participants will be required to complete the consultation hours at their own cost before they can claim Certificate of Completion

What we offer at EMDR Training Academy

- A Radical Departure from the 2-Weekend Model with an innovative training design which is 10-Days Long, meeting over 6-Weekends, spanning 12-Weeks in order to avoid information overload
- This training is 80 hours long far exceeding the requirements of EMDR International Association
- The 80 hours of training includes the 10 hours of consultation stipulated by EMDR International Association
- In addition to the 80 hours of training, participants will be required to implement EMDR Therapy in Dyads outside the training in concurrent independent practice, a total of 40 contact hours
- Small group format limited to TEN participants provides for intensive discussions and didactic interactions with the Trainer

Training Orientation

- Emphasis on client safety & stabilization before change
- Client Centered and Phenomenologically Grounded
- Relational context as critical for healing
- Client's "Trust" is earned through demonstrated competency

Conceptual Clarity through

- An in-depth understanding of the theory underlying the practice of EMDR- Adaptive Information Processing (AIP)
- An in-depth understanding of protocols and procedures
- A sound analytical framework arrived through explicitly linking AIP theory to EMDR protocols and procedures to guide treatment decision

Skill Development is Facilitated by

- Walking the participants through every step of EMDR therapy in an orderly and sequential manner mirroring the therapy process in actual practice
- Demonstrating all the eight phases of the EMDR protocol and procedures through video vignettes drawn from actual therapy sessions
- Followed by supervised practice in Dyads/Triads

Translating Training into Clinical Practice is Accomplished by

- Requiring participants to implement EMDR with their "client" partners in their Dyad starting the second weekend through the next ten weeks (40 hours) outside the training in their Concurrent Independent Practice. This requires the participants to participate in their "personal" EMDR Therapy as a part of this training
- Participants will gain close to real-life experience in implementing all the protocols and procedures during the course of their training through Concurrent Independent Practice while having the support and safety of an On-Going Discussion Forum along with On-Demand Consultations
- Participants will get about 40-Hours of Concurrent Independent Practice with Consultation support in addition to the 20-Hours of Supervised Practice during the course of this training
- In our innovative Training Design, the Consultation truly facilitates integration of training into practice since it is related to participant's experiences of implementing EMDR Therapy in their Concurrent Independent Practice.
- Participants will have access to the Discussion Forum after the Training where they can continue to seek peer-support and consultations

WHAT DOES IT LOOK LIKE?

The First Leg of the Training: First Three Days

- The first three days of the training will cover psycho-social assessment, client readiness for EMDR therapy, client preparation, history taking & treatment planning (Phase-1 & Phase-2 of EMDR Therapy)
- After the third day of the training, there will be four/five weeks of break before the next phase of the training
- During these four weeks, participants will work with their partners in their dyad in virtual therapy implementing the procedures and protocols covered during the first three days
- During this time, the participants will receive support through the discussion forum and on-demand consultations as needed
- This will require the participants to devote four hours per week- two hours as a therapist, and two hours as a client within their dyad, totaling at least 16 hours before the next phase of the training

The Second Leg of the Training: The Next Four Days

- The next 4 days of the training will be on two consecutive weekends. The first two days will cover processing disturbing/traumatic memories using EMDR Therapy procedures and protocols (Phases-3, 4, 5, 6, 7 & 8) and the Three Pronged Approach
- The third & fourth day of training will cover treating specific situations such as Current Anxiety, Recent Traumatic Events, Phobia, Medical Illnesses & Somatic Disorders; as well as working with Children & Couples
- After the seventh day of the training, there will be four-five weeks of break before the next phase of the training
- During these weeks, participants will begin processing disturbing memories with in their dyad in virtual therapy settings implementing all the procedures and protocols covered thus far in the training
- During this time, the participants will receive support through the discussion forum and on-demand consultations as needed
- This will require the participants to devote four hours per week- two hours as a therapist (two sessions), and two hours as a client (two sessions) within their dyad, totaling at least 16 hours before the next phase of the training

The Third Leg of the Training: Last Three Days

- During these two weeks, participants will continue to work in their triads processing the disturbing memories
- The last three days of the training will cover using EMDR Therapy with specific populations and clinical situations
- This will include Complex PTSD, Victims of Sexual Abuse, War & Combat Trauma, Addictions, Grief & Mourning, and Dissociative Disorders
- The last day of the training will conclude with 3 hours of consultation

Our Basic Training represents an Integrative & Comprehensive Psychotherapy Approach (as opposed to Symptom Focused Approach) appropriate for treating complex clinical presentations such as: Complex PTSD/Victims of Sexual Abuse/War & Combat Trauma/Trauma & Dissociation /Addictions/Phobias & Current Anxiety/Illness & Somatic Disorders/Grief & Mourning, etc.

Faculty

Dr. Chandra Nagireddy has a Ph.D. in Marriage & Family Therapy from The University of Georgia. Since 2005, Dr. Chandra served as a Facilitator with EMDR Institute and EMDR-HAP until 2014. His passion has been exploring the enormous healing potential inherent in EMDR and teasing out the nuances in its practice as articulated by Dr. Francine Shapiro.

2027 Virtual Basic EMDR Training Schedule

VBT 01232027CN
Starts on Jan 23rd, continues on Jan 24, 30, Feb 27, 28, Mar 6, 7, April 3, 4, Ends on Apr 10th
VBT 03202027CN
Starts on Mar 20th, continues on Mar 21, 27, Apr 24, 25, May 1, 2, , June 5, 6, Ends on June 12th.
VBT 05152027CN
Starts on May 15, continues on May 16, 22, Jun 19, 20, 26, 27, Jul 24, 25, Ends on Jul 31st.
VBT 08072027CN
Starts on August 7th, continues on Aug 8, 14, Sept 11, 12, 18, 19, Oct 16, 17, Ends on Oct 23rd.
VBT 10022027CN
Starts on Oct 2, continues on Oct 3, 9, Nov 6, 7, 13, 14, Dec 11, 12, , Ends on December 18th.

All the ten days of the training will be held LIVE through ZOOM video conference from 9 AM-6 PM Mountain Time on Saturdays and Sundays only
For Registration please visit WWW.EMDRTRAININGACADEMY.COM
Contact Dr. Chandra at 719-761.4444