

# EMDR International Association Approved Virtual Basic EMDR Training



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## About the Virtual Basic EMDR Training

The Virtual Basic EMDR Training is Approved by the EMDR International Association ([www.emdria.org](http://www.emdria.org)) and represents a departure from the traditional two-weekend training models with an innovative format.

- ☑ It is designed to lead the participants in a sequential and orderly learning experience emphasizing conceptual clarity, procedural details, and skill development through a combination of lectures, discussions, and video vignettes drawn from actual EMDR therapy sessions culminating in supervised practice.
- ☑ Effective learning is facilitated by pacing the training across 10 days on six weekends, spanning 12 weeks to avoid information overload (Total of 90 hours)
- ☑ Mandated Ten hours of Consultation is built into the Training
- ☑ Small group format limited to TEN participants provides for intensive discussions and didactic interactions with the instructor
- ☑ Participants will meet with each other in DYADS for four hours a week, during the 10 weeks of training implementing EMDR Therapy protocols & procedures with ongoing support (Total of 40 hours)
- ☑ Implementing EMDR Therapy in DYADS in concurrent practice during the course of training further consolidates skills & competencies

### 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.

## Training Highlights

### Conceptual Clarity

- ☑ 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 decisions

### Skill Development

- ☑ 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 triads/dyads

### Translating Training into clinical practice

- ☑ Requiring participants to implement EMDR with their clients starting the second weekend with concurrent consultation and support lasting through the next ten weeks
- ☑ Providing templates of all the protocols, procedures and guidelines in digital format for immediate use in clinical practice
- ☑ An ongoing Discussion Board to facilitate integration of EMDR Therapy into clinical practice

### Training Orientation

- ☑ Emphasis on client safety & stabilization before processing
- ☑ Client Centered and Phenomenologically Grounded
- ☑ Relational Context as critical to healing
- ☑ Complex clinical presentations

### Application of EMDR

- ☑ Victims of sexual abuse/War & combat trauma/Trauma & dissociation/Addictions/Phobias & current anxiety/ Illness & somatic disorders/Grief & mourning/Recent trauma/ Children/Couples

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## 2022 Training Schedule (Four Virtual Basic Trainings offered in 2022)

### Winter Trainings

VBT 01152022

Starts on January 15th, Continues on January 16 & 22; February 19, 20, 26 & 27, March 26 & 27; Ends on April 2nd, 2022.

VBT 01292022

Starts on January 29th, Continues on January 30, & February 5; March 5, 6, 12 & 13; April 9 & 10th; Ends on April 16th, 2022.

### Spring Trainings

VBT 04232022

Starts on April 23<sup>rd</sup>, Continues on April 24, & 30; June 4, 5, 11 & 12; July 16 & 17; Ends on July 23<sup>rd</sup>, 2022.

VBT 05142022

Starts on May 14th, Continues on May 15, & 21; June 25 & 26; July 9 & 10; August 6 & 7; Ends on August 13<sup>th</sup>, 2022.