

EMDR International Association Approved EMDR Basic Training

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About the Basic Training

The Basic Training is approved by the EMDR International Association and represents a departure from the traditional two-weekend EMDR training programs 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 and culminating in supervised practice.
- ☑ Effective learning is facilitated by pacing the training across 10 workshop days (six weekends) spanning 12 weeks to avoid information overload.
- ☑ Small group format provides for intensive discussions and didactic interactions with the instructor.
- ☑ Supervised practice in triads provides the opportunity for each to be an observer in addition to taking turns as a therapist and a client.
- ☑ The workshop provides 43 instructional hours (EMDRIA requires 20 Hrs), 25 hours of supervised practice (EMDRIA requires 20 Hrs) and 12 hours of consultation for a total of 80 training hours (EMDRIA requires 50 Hrs)

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 in Basic Training 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.

Center for Professional Development at the University of Denver, Denver

2019 Summer Schedule:

Starts on June 8th, Continues on June 9 & 15, July 20, 21, 27 & 28, August 24 & 25 Ends on August 31, 2019.

Training Venue:

CPD, Denver University

Contact: Center for Professional Development
The University of Denver
Phone# 303-871-4161

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

Translating Training into clinical practice

- ☑ Requiring participants to implement EMDR Therapy with their clients starting the second weekend with concurrent support and consultation 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 support and encourage integration of EMDR into clinical practice

Training Orientation

- ☑ Emphasis on client safety & stabilization before processing
- ☑ Client Centered & Phenomenologically Grounded
- ☑ Comprehensive EMDR Therapy approach
- ☑ 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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