



## 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
- ☑ 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.

### 2021 Winter Trainings

**First Training:** Starts on January 16th, Continues on January 17 & 23; February 20, 21, 27 & 28, March 27 & 28; Ends on April 3, 2021.

**Second Training:** Starts on January 30th, Continues on January 31 & February 6; March 6, 7, 13 & 14, April 10 & 11; Ends on April 17, 2021.

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## Training Highlights

### 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 decisions

### 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

### Translating Training into Clinical Practice is Accomplished by

- ☑ Requiring participants to implement EMDR with their "client" partners in their Dyad starting the second weekend with ongoing support through the next ten weeks (40 hours)
- ☑ 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 change
- ☑ Client Centered and Phenomenologically Grounded
- ☑ Relational context as critical for healing
- ☑ Client's "Trust" is earned through demonstrated competency
- ☑ An Integrative & Comprehensive Psychotherapy Approach

### Application of EMDR

- ☑ Complex PTSD/Victims of Sexual Abuse/War & Combat Trauma/Trauma & Dissociation/Addictions/Phobias & Current Anxiety/Illness & Somatic Disorders/Grief & Mourning/Recent Trauma/Children & Couples

Tuition	\$1350
Student discount**	\$100
Non-Profit Agency Discount	\$100
University/Agency Sponsored Trainings	\$200
Audit (Must have completed Basic Training)	\$700

**For Registration please visit [www.emdrtrainingacademy.com](http://www.emdrtrainingacademy.com)**