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## Virtual Basic EMDR Training

### Consent to Participate

1. **This “Virtual Basic EMDR Training” is methodologically rigorous and clinically intensive**
  - a. This Training is TEN Day-Long, stretched over a minimum of 12 weeks on 6-7 weekends with an additional to TWO 2-hour consultation sessions in between- a Total of 94 Hours.
  - b. Participants are required to implement EMDR therapy with their “client” partner in their triad starting the second weekend with concurrent support and consultation lasting through the next ten weeks
  - c. This will require additional 4 hours/week to implement all the protocols and procedures of EMDR Therapy in their triads- 2 hours as a client and 2 hours as a therapist (40 hours over the course of the training)
  - d. Completion of the training is contingent on passing a multiple-choice test provided by the EMDR International Association. This test will be administered in phases covering the material completed in the Training
  
2. **Virtual Basic Training through ZOOM**
  - a. All the trainings and consultations are conducted through ZOOM video conference utilizing Break-Out Rooms & Chat features built into it.
  - b. All the 10-Days of the trainings are conducted LIVE from 9 am-6pm (Mountain Time)
  - c. Participants are expected to participate in 90-Minute long sessions with 15-minute breaks in between with a 1-Hour lunch break from 1 PM to 2 PM on all days
  
3. **Requirements**
  - a. Participants will need Computer/Tablet equipped with high quality webcam, microphone, and speaker
  - b. Participants will need stable High-Speed Internet Service (Recommend 80-100 Mbps) in order to have high quality audio-visual experience in ZOOM video conference lasting all day. You can check the speed of your internet service from speedtest.net from Ookla.
  - c. Participants will also need secure space in their home/office without any distractions to participate in video conference for the entire day
  - d. Participants need a set-up to conduct virtual EMDR Therapy sessions for the practice sessions during the training and in their concurrent practice between the training sessions. Please see this How-To Video on my website: <https://www.emdrtrainingacademy.com/virtual-basic-emdr-trainings.html>

Name \_\_\_\_\_

Date \_\_\_\_\_