

# EMDR International Association Approved EMDR Basic Training

Chandra Nagireddy, Ph.D.



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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.

## Trainings in Colorado Springs, CO

### 2020 Winter Schedule:

Starts on February 22, Continues on February 23 & 29<sup>th</sup>; March 28 & 29<sup>th</sup>; April 4 & 5; May 2 & 3; Ends on May 9<sup>th</sup>.

### Training Venue:

MAYFIELD COUNSELING,  
12295 ORACLE BLVD., SUITE #200,  
COLORADO SPRINGS, 80921

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## 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 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 and Phenomenologically Grounded
- ☑ Comprehensive EMDR psychotherapy 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

Registrations (postmarked) 30 days prior to training date	\$1300
Registrations 29 days or less prior to training date	\$1400
Student discount**	\$100
Non-Profit Agency Discount	\$100
Audit (Must have completed Basic Training)	\$700

### Refunds (All refunds have a \$35 processing fee)

- ☑ Full refund for any cancellations 30 days prior to the Training
- ☑ \$1000 refund for cancellations up to 14 days prior to the Training
- ☑ No refunds for any cancellations during the 13 days preceding the Training or dropouts during the Training. No exceptions including medical or family emergency
- ☑ Participants can get full refund for withdrawing from the training until the start day of the workshop if they find a replacement to take their place in the training program.

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