



# EMDR Therapy Basic Training

TRAINING ID: B-105

START DATE:

**JANUARY 27, 2023**

PLACE:

**ONLINE**



**The Center** for Excellence  
in EMDR Therapy



## Training Overview

The Center's EMDR Therapy Basic Training course is your foundational course that gives you everything you need to start using EMDR therapy effectively with your clients. This 46-hour, three-part training is a complete package that includes 13.5 hours of case consultation offered throughout the six-month training program. Our course exceeds the EMDRIA-approved standards and is offered online, in-person, and in a hybrid format that combines both virtual and in-person, giving you the flexibility to accommodate your personal and professional needs. Please check the calendar for different dates and venues.

## Program Training Dates

JANUARY	27 FRIDAY	—	29 SUNDAY	2023 YEAR
FEBRUARY	24 FRIDAY	—	26 SUNDAY	2023 YEAR
MARCH	24 FRIDAY	—	25 SATURDAY	2023 YEAR

## Case Consultation Dates Post-Training - Online 2023

April 26 | May 24 | June 21 | FROM 12:00 pm  
TO 2:00 pm ET

## Bonus Large Group Q & A Dates - Online 2023

February 8 | March 8 | FROM 12:00 pm  
TO 1:30 pm ET



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## Trainers & Facilitators

### Trainer:

Deany Laliotis, LICSW Lead Trainer



### Training Coordinator:

Jeanette Faircloth

[admin@emdrtherapy.com](mailto:admin@emdrtherapy.com)

202-363-3637 X0

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## Overview of Training Schedule

Each morning segment of the training consists of large group didactic and videotaped illustrations of actual sessions accompanied by discussion. The afternoon segments are practice-oriented with groups of 9-10 to discuss case vignettes and participate in role-play exercises. You will also break into smaller, supervised practice groups of 3 where each trainee rotates into roles of therapist, client, and observer offering ample opportunity to observe, practice and experience the process personally as well as professionally. There is also time set aside for case consultation in the small groups of 9-10 at the end of each training as well as optional Q & A sessions in between training segments to help trainees apply what they're learning with their own clients.



YEAR 2023

## SCHEDULE BY DAY

**NOTE: ALL DATES AND TIMES  
ARE LISTED IN EASTERN TIME ZONE**

### PART 1

DAY 1 DAY 2

DATES

FRIDAY | SATURDAY

**JANUARY**

**27 – 28**

- **8:30 am – 12:30 pm** Large Group
- **12:30 pm – 1:30 pm** LUNCH BREAK
- **1:30 pm – 5:30 pm** Small Groups

### PART 1

DAY 3

DATES

SUNDAY

**JANUARY**

**29**

- **8:30 am – 10:00 am** Large Group
- **10:00 am – 10:30 am** LUNCH BREAK
- **10:30 am – 3:30 pm** Small Groups

### PART 2

DAY 1 DAY 2

DATES

FRIDAY | SATURDAY

**FEBRUARY**

**24 – 25**

- **8:30 am – 12:30 pm** Large Group
- **12:30 pm – 1:30 pm** LUNCH BREAK
- **1:30 pm – 5:30 pm** Small Groups

### PART 2

DAY 3

DATES

SUNDAY

**FEBRUARY**

**26**

- **8:30 am – 10:00 am** Large Group
- **10:00 am – 10:30 am** LUNCH BREAK
- **10:30 am – 2:00 pm** Small & Large Group

### PART 3

DAY 1

DATES

FRIDAY

**MARCH**

**24**

- **8:30 am – 12:30 pm** Large Group
- **12:30 pm – 1:30 pm** LUNCH BREAK
- **1:30 pm – 5:30 pm** Small Groups

### PART 3

DAY 2

DATES

SATURDAY

**MARCH**

**25**

- **8:30 am – 10:00 am** Large Group
- **10:00 am – 10:30 am** LUNCH BREAK
- **10:30 am – 2:00 pm** Small & Large Group



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## Preparing for Your Training Experience

In addition to reviewing the EMDR Basic Training Manuals, two Appendices and the articles posted in your personal account, you will need to purchase the required text:

Shapiro, F. (2018). 3<sup>rd</sup> Edition. *Eye Movement Desensitization and Reprocessing: Principles, Protocols, and Procedures*. New York: Norton & Company.

In addition, you are asked to review these articles:

*Go With That:*

- EMDR and Racial Trauma (2020)
- The EMDRIA Definition of EMDR
- Guidelines for Virtual EMDR Therapy (January 2020)

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## Overall Training Objectives

1. Apply EMDR therapy to treat trauma-related disorders with cultural competence using an anti-racist approach.
2. Understand and apply the Adaptive Information Processing Model of EMDR therapy as a framework for understanding and treating a client's current life difficulties.
3. Understand the core elements of EMDR as a comprehensive psychotherapy approach that treats the whole person, emphasizing the importance of the therapeutic relationship.





4. Apply EMDR therapy to one or more special populations, such as children, couples and families and clients who struggle with addictions.
5. To support trainees in successfully integrating EMDR therapy into one's clinical practice throughout the training and beyond.

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## Eligibility

This training is for mental health professionals who are licensed for independent practice, or who are on a licensing track under the supervision of a licensed supervisor. Graduate students who have completed their core coursework and are in a practice setting are also eligible to participate. All non-licensed clinicians must submit a letter documenting their status by their supervisor.





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## Application Process

All applications are submitted online via the website registration portal for review. You will receive an email once the status of your application is updated. See refund and cancellation policy below for more details.

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## Cancellation and Refund Policy

Tuition is refundable up to 30 days in advance less a \$150 administrative fee. Withdrawals between 14 and 29 days from the start date of the training are refundable less a \$250 administrative fee. Withdrawals less than 14 days from the start date are not refundable. A credit will be applied towards the same Basic Training in the future at the Standard Rate less a \$350 administrative fee. All requests for cancellations must be submitted in writing by email to [admin@emdrtherapy.com](mailto:admin@emdrtherapy.com). If you have to withdraw during the training, we offer a one-time option of enrolling in the Basic Training at the reduced rate of \$450 as space allows. The Center reserves the right to cancel or reschedule the training at its discretion and will credit one's tuition towards a future date or offer a full refund. The Center reserves the right to cancel or reschedule the training at its discretion and will credit one's tuition towards a future date or offer a full refund.





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## Health and Safety for Onsite Trainings

Health and safety precautions will be applied in accordance with CDC guidelines at the time and at the location the training is being held.

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## Special Needs and Accommodations

Individuals needing ADA accommodations should contact us at [admin@emdrtherapy.com](mailto:admin@emdrtherapy.com) at least 30 days prior to the training date to make advance arrangements. We cannot ensure accommodations without adequate prior notification.

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## For Group Rates and Financial Assistance

Daniel Merlis LICSW

Co-Director

[dan@emdrtherapy.com](mailto:dan@emdrtherapy.com)



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