



EMDR Therapy Basic Training

TRAINING ID: B-2505

START DATE:

SEPTEMBER 03, 2025

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

SEPTEMBER

03
WEDNESDAY

—

05
FRIDAY

2025
YEAR

OCTOBER

08
WEDNESDAY

—

10
FRIDAY

2025
YEAR

NOVEMBER

06
THURSDAY

—

07
FRIDAY

2025
YEAR

Bonus Large Group Q & A Dates - Online 2025

September 17, 2025 | October 29, 2025

FROM 12:00 pm
TO 1:30 pm ET

Case Consultation Dates Post-Training - Online

December 03, 2025 | January 07, 2026 | February 03, 2026

FROM 12:00 pm
TO 2:00 pm ET



The Center for Excellence
in EMDR Therapy

EMDR | BASIC TRAINING



Deany Laliotis, Director and Founder of The Center



We deliver a high quality training experience through The Center ensuring that our trainees are successful at integrating EMDR therapy into their clinical practice. Our EMDR training isn't just about learning protocols and procedures; it's about helping our clients grow and change beyond symptom relief.



Trainer

Erika Tsoukanelis, LCSW, Lead Trainer

Erika Tsoukanelis is an EMDRIA-approved Trainer and is also a Master Consultant in Relational EMDR TherapySM through The Center. Erika is the owner of Heart of Inquiry, a private practice in Greenwich, Connecticut, and specializes in PTSD, complex trauma, anxiety, grief and loss, and chronic illness. She has trained extensively with Deany Lalot in Relational EMDR TherapySM. Erika integrates psychodynamic therapy and structural dissociation theory into her approach. As a certified holistic health counselor and Kripalu yoga teacher, Erika naturally incorporates somatic awareness and mindfulness skills into her work.



Training Coordinator:

Loralee Bowen

admin@emdrtherapy.com

Overview of Training Schedule

Each morning segment of the training consists of large group didactic and videotaped demonstrations 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 a client would. 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 **2025**

SCHEDULE BY DAY

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

PART 1

DAY 1

DAY 2

DATES

WEDNESDAY | THURSDAY

SEPTEMBER 03 – 04

- **9:00 am – 1:00 pm** Large Group
- **1:00 pm – 2:00 pm** LUNCH BREAK
- **2:00 pm – 6:00 pm** Small Groups

PART 1

DAY 3

DATES

FRIDAY

SEPTEMBER 05

- **9:00 am – 10:30 am** Large Group
- **10:30 am – 11:00 am** LUNCH BREAK
- **11:00 am – 3:30 pm** Small Groups

PART 2

DAY 1

DAY 2

DATES

WEDNESDAY | THURSDAY

OCTOBER 08 – 09

- **9:00 am – 1:00 pm** Large Group
- **1:00 pm – 2:00 pm** LUNCH BREAK
- **2:00 pm – 6:00 pm** Small Groups

PART 2

DAY 3

DATES

FRIDAY

OCTOBER 10

- **9:00 am – 10:30 am** Large Group
- **10:30 am – 11:00 am** LUNCH BREAK
- **11:00 am – 2:30 pm** Small Groups

PART 3

DAY 1

DATES

THURSDAY

NOVEMBER 06

- **9:00 am – 1:00 pm** Large Group
- **1:00 pm – 2:00 pm** LUNCH BREAK
- **2:00 pm – 6:00 pm** Small Groups

PART 3

DAY 2

DATES

FRIDAY

NOVEMBER 07

- **9:00 am – 11:00 am** Large Group
- **11:00 am – 11:30 am** LUNCH BREAK
- **11:30 am – 2:30 pm** Small Groups



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). 3rd 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)

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.

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 by their supervisor documenting their status.





Application Process

All applications are submitted online via the website registration portal.

To register for a training, please select the **Sign-Up Here** button located on the selected training page. You will be directed to sign in to your account or create an account prior to completing the application. All applications will be reviewed within 5 business days and you will receive an email advising when your application is approved or if we need additional information.

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. 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 either credit one's tuition towards a future training or offer a full refund.





Special Needs and Accommodations

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

For Group Rates and Financial Assistance

Daniel Merlis LICSW

Co-Director

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Training, Certification and Community
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