

# EMDR Therapy Basic Training

TRAINING ID: B-2505

**START DATE:** 

**SEPTEMBER 03**, 2025

PLACE:

ONLINE







### **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	O3	05	2025
	WEDNESDAY -	FRIDAY	YEAR
OCTOBER	08	10	2025
	wednesday -	FRIDAY	YEAR
NOVEMBER	06	07	2025
	THURSDAY -	FRIDAY	YEAR

### Bonus Large Group Q & A Dates - Online 2025

September 17, 2025 | October 29, 2025 TO 1:30 pm ET

Case Consultation Dates Post-Training - Online



#### 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 Therapy<sup>SM</sup> 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 Laliotis in Relational EMDR Therapy<sup>SM</sup>. 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.

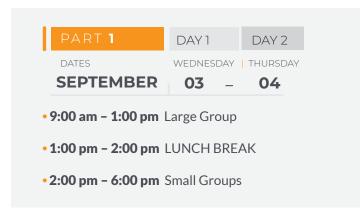




# **YEAR 2025**

#### **SCHEDULE BY DAY**

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



PART <b>1</b>	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

DATES OCTOBER	DAY 1  WEDNESDAY  08 -	DAY 2 THURSDAY  09			
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 <b>2</b>	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



- 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 <b>3</b>	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). 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)

# 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 thier supervisor documenting their status.







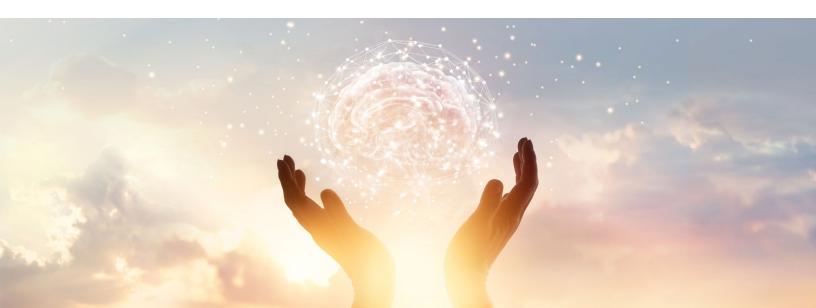
### **Application Process**

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** 

dan@emdrtherapy.com



One Place for Everything—
Training, Certification and Community
www.emdrtherapy.com