



# The Center for Excellence in EMDR Therapy

## EMDR Therapy Basic Training

### Winter I 2026 Schedule

— All times listed in Eastern Time (ET) —

#### PART 1

JANUARY 9 — FRIDAY

11:00 am — 3:00 pm Large Group  
3:00 pm — 4:00 pm Lunch Break  
4:00 pm — 8:00 pm Small Groups

JANUARY 10 — SATURDAY

11:00 am — 3:00 pm Large Group  
3:00 pm — 4:00 pm Lunch Break  
4:00 pm — 8:00 pm Small Groups

JANUARY 11 — SUNDAY

11:00 am — 12:30 pm Large Group  
12:30 pm — 1:00 pm Lunch Break  
1:00 pm — 5:30 pm Small Groups

#### PART 2A

FEBRUARY 6 — FRIDAY

11:00 am — 3:00 pm Large Group  
3:00 pm — 4:00 pm Lunch Break  
4:00 pm — 8:00 pm Small Groups

FEBRUARY 7 — SATURDAY

11:00 am — 3:00 pm Large Group  
3:00 pm — 4:00 pm Lunch Break  
4:00 pm — 8:00 pm Small Groups

FEBRUARY 8 — SUNDAY

11:00 am — 12:30 pm Large Group  
12:30 pm — 1:00 pm Lunch Break  
1:00 pm — 2:30 pm Small Groups

#### PART 2B

MARCH 6 — FRIDAY

11:00 am — 3:00 pm Large Group  
3:00 pm — 4:00 pm Lunch Break  
4:00 pm — 8:00 pm Small Groups

MARCH 7 — SATURDAY

11:00 am — 1:00 pm Large Group  
1:00 pm — 1:30 pm Lunch Break  
1:30 pm — 4:30 pm Small Groups

#### CASE CONSULTATION DATES

MARCH 25 — WEDNESDAY

12:00 pm — 2:00 pm

APRIL 22 — WEDNESDAY

12:00 pm — 2:00 pm

MAY 20 — WEDNESDAY

12:00 pm — 2:00 pm