EMDRIA Approved EMDR Basic Training

Presented by Sage EMDR Trainings LLC

In Person Lecture & Practicum with Virtual consultation hours

What is EMDR Therapy? Eye Movement Desensitization and Reprocessing Therapy (EMDR) is a comprehensive psychotherapy that accelerates the treatment of a wide range of pathologies and self-esteem issues related to disturbing events and present life conditions. This interactional, standardized approach has been empirically tested in over 20 randomized controlled studies with trauma patients and hundreds of published case reports evaluating a considerable range of presenting complaints including depression, anxiety, phobias, excessive grief, somatic conditions and addictions and compulsive disorders. EMDR Therapy is guided by the Adaptive Information Processing model which hypothesizes that unprocessed memories appear to set the basis for a wide range of dysfunction. A number of neurophysiological studies have documented the rapid post-treatment EMDR therapy effects.

"EMDR Basic Training" refers to the specific content and designated number of hours of learning required by EMDRIA. This course is inclusive of all of the components necessary to be basic trained. The training is 50 hours in total.

1. Lecture – 20 hours
2. Practicum – 20 hours
3. Consultation – 10 hours

You must complete all 3 of these within 1 year to be considered "basic trained".

In Person Lecture & Practicum

These 6 days of lecture and practicum will be held at:
CMHA - 26 Russell St, New Britain, CT 06052

Part 1 – Feb 16-18, 2027

- Day 1 & 2 – 8 am to 5:15 pm
- Day 3 – 8 am to 4:30 pm

Part 2 – April 12-14, 2027

- Day 1 & 2 – 8 am to 5:15 pm
- Day 3 – 8 am to 4:30 pm

Virtual Consultation Hours

As part of your training there are 10 hours of consultation included. The schedule for these is TBD based on the final number of participants.

How is the training set up? Trainees will learn via lecture, video, demonstrations, Q & A sessions, role play demonstrations, small group exercises and supervised practice sessions. Each participant will experience EMDR as both clinician and client through two training modules. This training can be offered in-person or virtually. This Basic EMDR Training is Approved by the EMDR International Association (www.emdria.org) and uses an innovative format designed to lead the participants in a sequential learning experience emphasizing conceptual clarity,

procedural details, and skill development using lecture, discussions drawn from actual EMDR therapy sessions, video clips of EMDR sessions and supervised practicum. This training also provides the additional, required 10 hours of basic training consultation, to provide you with support as you integrate EMDR therapy into your clinical practice.

Learning Objectives for EMDR Therapy Standard Training (All Parts)

- Explain the history, goals, and theoretical foundations of EMDR Therapy.
- Describe the Adaptive Information Processing (AIP) Model and its application to case conceptualization and treatment planning.
- Identify the components and purpose of the three-pronged approach to EMDR Therapy.
- Explain the purpose and clinical application of the eight phases of EMDR Therapy.
- Demonstrate the ability to develop EMDR treatment plans and assess client readiness for processing.
- Describe the use of bilateral stimulation and select appropriate forms based on client presentation and response.
- Demonstrate competency in target assessment, including identification of appropriate negative and positive cognitions.
- Demonstrate competency in Phases 4–7 of EMDR Therapy, including desensitization, installation, body scan, and closure procedures.
- Explain the purpose of reevaluation and demonstrate its application in ongoing treatment.
- Describe indicators of adaptive information processing and modify interventions based on client responses during reprocessing.
- Apply stabilization strategies to address over-accessing, under-accessing, and other challenges that arise during EMDR processing.
- Demonstrate use of present and future template interventions within the AIP model.
- Describe developmental considerations and treatment planning adaptations when providing EMDR Therapy with children and adolescents.
- Explain treatment planning considerations and stabilization strategies for clients with complex trauma presentations.
- Demonstrate the use of Resource Development and Installation (RDI), EMD, and EMDr interventions.
- Identify common causes of blocked processing and apply appropriate cognitive interweave interventions.
- Demonstrate strategies for managing abreactions and other processing difficulties during EMDR sessions.
- Apply EMDR protocols and treatment planning considerations for recent traumatic events, anxiety, depression, grief, illness, and phobias.

- Describe treatment planning considerations for EMDR with military populations, couples, addictions, and culturally responsive care.
- Demonstrate screening for dissociation and integrating assessment findings into EMDR treatment planning and implementation.

ELIGIBILITY FOR TRAINING

Please review these carefully to ensure you are qualified to participate in EMDR Therapy Basic Training. It is expected that you will submit proof of eligibility upon registration.

These requirements outline the minimum eligibility requirements to take an EMDRIA™ Approved EMDR Basic Training. SAGE EMDR Trainings and EMDRIA are not responsible for verifying individual clinician's scope of practice and/or determining their ability to assess, diagnose and treat mental health issues. Clinicians are responsible for ensuring they are working within their own mental health scope of practice.

Licensed Mental Health Professionals

Qualifying medical doctors must be licensed to practice in their state or province.

Qualifying advanced practice registered nurses must have a Master of Science in Nursing (or higher) with a specialization in psychiatric mental health nursing and must be licensed to practice through their state board or province.

Qualifying Mental Health Clinicians must have a master's degree in the mental health field (Counseling, Marriage Family Therapy, Psychology, Psychiatry, Social Work) or related mental health discipline and be licensed to practice through their state board or province.

Individuals who only hold a chemical dependency or substance abuse license are not eligible as these licenses generally do not allow for a mental health scope of practice.

Pre-Licensed Mental Health Professionals

These are clinicians who are actively pursuing a mental health license through their state board (or province) while working under a licensed supervisor. Some of these license types include associate, intern, limited, provisional, temporary and pre-license.

Qualifying pre-licensed mental health clinicians must have a master's degree in the mental health field (Counseling, Marriage Family Therapy, Psychology, Psychiatry, Social Work) or related mental health discipline and must be actively pursuing a full license through their state board (or province) while working under a licensed supervisor.

Individuals who only hold a chemical dependency or substance abuse license are not eligible as these licenses generally do not allow for a mental health scope of practice.

Graduate Students

Qualifying graduate students must be enrolled in a master's or doctoral program in the mental health field (Counseling, Marriage Family Therapy, Psychology, Psychiatry, Psychiatric Nursing, Social Work) or related mental health discipline. Students must have completed their core graduate academic coursework and must be in the practicum/internship portion of their graduate program. First year graduate students are not eligible. Graduate students must be on a licensing track and working under the supervision of a fully licensed mental health clinician.

Graduate students who would like to take an EMDR Training will need to submit certain documentation (graduate transcript, practicum or internship details, and a letter from their supervisor which includes the supervisor's license information and number) in order to verify their eligibility. Students do not need to provide EMDRIA™ with any documentation unless specifically asked to do so by EMDRIA™ staff. Any documentation that needs to be submitted would go directly to the training provider either prior or during the training registration process.

PARTICIPANT AGREEMENT

Every participant is required to review and sign the participant agreement in Canvas. This gives the participants an understanding of what the EMDR basic training requirements are, what the expectations are, and how to prepare themselves for the training.

EQUALITY

Equal Opportunity

SAGE EMDR Trainers must comply with EMDRIA policies on Professional Code of Conduct, SOCE and Diversity and Cultural Competence and create a supportive environment for training regardless of an individual's sexual orientation, gender identity, race, ethnicity, culture or religion, and not engage in discriminatory behavior or bias. Trainers will address issues of cultural diversity during the EMDR basic training as appropriate.

Equal Access

The Americans with Disabilities Act (ADA) prohibits discrimination and ensures equal opportunity for persons with disabilities. SAGE EMDR Trainings will ensure that facilities and reasonable accommodations are accessible to those with disabilities. Please email help@sageemdrtrainings.com to request accommodations at least 7 days prior to the start of training.

PRICE & FEES

Cost of Training

SAGE EMDR Trainings is proud to provide an all-inclusive training. The cost is $1,800. This includes all parts needed to be Basic Trained (20 hours of lecture, 20 hours of practicum, and 10 hours of consultation). We believe offering all parts of the training as a package gives participants the consistency and continuity necessary to begin to understand and build confidence in the utilization of EMDR Therapy Skills. For agencies registering more than 6 people please reach out directly to help@emdrtrainings.com.

Cancellations & Refunds

Trainees must attend the dates of the course and consultations included with that course. Changes to these dates will incur additional fee of $500. In crisis, please reach out to Sage EMDR Trainings to discuss alternative options as needed.

If Cancellation of attendance is made:

Timeframe	Refunded Amount
More than 90 days in advance of start date	Full Refund
31-89 days in advance of start date	50% Refund
30 days or less in advance of start date	No Refund

TIME FRAME FOR COMPLETION OF EMDR BASIC TRAINING

Trainees who begin the EMDR basic training must complete the entire training within 12 months from their initial start date. All learning, practicum, and consultations must be completed within 12 months of starting.

LEARNING MANAGEMENT SYSTEM (LMS)

The LMS platform is designed to assist with the administration, documentation, tracking and reporting and delivery of EMDR basic training content. Sage EMDR Trainings uses:

Learnworlds to house all documents, handouts, slides, links, and other materials. Assignments, assessments, attendance, and evaluations are all found here.

Zoom is used for all delivery of virtual live synchronous services (training, practicum, and/or consultation).

Information is provided in Learnworlds, by email upon registration, and on our website for how to access Learnworlds and Zoom.

ATTENDANCE REQUIREMENT

Trainees are expected to attend and complete all portions of the EMDR basic training in its entirety including lecture, small group practicum, and consultation hours. Trainees may not miss more than 15 minutes of content. If they need to, the trainee must notify Sage EMDR Trainings prior to the training to make arrangements.

Per EMDRIA requirements, trainees missing more than 15 minutes of training will be unable to complete training and need to re-schedule for another time. Trainee will be responsible for paying the full fees to re-register.

VIDEO CAMERAS

Trainees must have their video cameras turned on during all parts of virtual EMDR basic trainingconsultation so that training faculty can monitor attendance, visual cues, facial expressions, etc.

CLASS & GROUP SIZES

The lecture portion of the training, when virtual, is limited to 100 participants. Practicum and consultation groups are limited to 10 participants.

FEEDBACK TO PARTICIPANTS

During the lecture, practicum and consultation there are a variety of opportunities for participants to receive feedback. To help participants understand what to expect a list of these opportunities are below.

Formative Assessments & Feedback		
Assessment	**Who gives feedback**	**Type of Feedback**
Lecture Q & A	Trainer	Verbal
Practicum Q & A	Facilitator	Verbal
Lecture Polls	Trainer	Verbal
Practicum Peer Assessment/Observation	Peers	Written/Verbal
Practicum Observation w/feedback	Facilitator	Verbal or in the Chat during virtual trainings
Consultation Case Feedback	Consultant/Trainer	Verbal based on case report
Summative Assessment & Feedback		
Learner Assessment	Trainer via Canvas Grading	Written via Learnworlds Grading

COMPLAINTS & GRIEVANCES

At Sage EMDR Trainings, we are committed to providing a supportive, respectful, and high-quality learning environment. If concerns arise, we encourage trainees to bring them forward so we can address them promptly.

Concerns

Trainees may share concerns with staff, facilitators, or consultants at any time during training or consultation. You may also email us at inquiries@sageemdrtrainings.com. We respond within 24 hours on training days.

Formal Grievances

If an issue cannot be resolved informally, trainees may submit a written grievance by email or mail:
Email: help@sageemdrtrainings.com
Mail: Sage EMDR Trainings, PO Box 1123, Canaan, CT 06018

We acknowledge all grievances within 3 business days and provide a written response within 10 business days.

Our Commitment
All grievances are reviewed by leadership not involved in the concern. We maintain confidentiality and strictly prohibit retaliation. If a trainee feels their concern remains unresolved, they may contact EMDRIA for further guidance.

ASSESSMENT, EVALUATIONS, & SURVEYS

Learner Assessment
At the end of Part 2 there is a learner assessment based on the readings, this information is also covered in the lecture. The assessment is open book. It must be completed prior to receiving a completion certificate.

Evaluations
There are evaluations of the training, trainer and practicum facilitator that are completed at the end of Part 1 & Part 2. There is also an evaluation to complete regarding consultation. These evaluations are located in Canvas. This allows Sage EMDR Trainings to get feedback on the presentations, materials, and clarity of the objectives presented. This information is used by Sage EMDR Trainings to make adjustments to the training.

Survey
There is a survey by EMDRIA to get feedback on the overall training. The link to this is also provided in Learnworlds. This feedback goes directly to EMDRIA and is not seen by Sage EMDR Trainings.

BASIC TRAINING CERTIFICATE OF COMPLETION

The participants must attend all of the lecture, practicum, and consultation hours, as well as complete the learning assessment and all evaluations to obtain their Basic Training completion certificate. **Those who have completed the training may refer to themselves as "EMDR Trained".**

PARTICIPANT INFORMATION

To register participants must submit personal information including but not limited to: name, state of practice, license type, license number, address, phone number, and email address. This information, as well as assessments, attendance, evaluation, and completion certificates are stored by Sage EMDR Trainings for 5 years. Some of this information will also be submitted to EMDRIA to notify them of completion of training.

SAGE TRAINING STAFF

All information in Sage EMDR Basic Training has been reviewed by EMDRIA and is presented by EMDRIA Approved Basic Trainers. EMDRIA Approved Trainers Sarah Osborne, Sharon Gera, and John Goldman

All staff providing practicum facilitation or consultation hours are EMDRIA Approved Consultants or Consultants In Training that are supervised by Sage staff.

EQUAL ACCESS

The Americans with Disabilities Act (ADA) prohibits discrimination and ensures equal opportunity for persons with disabilities. Please email help@sageemdrtrainings.com to request accommodations at least 7 days prior to the start of training.

For more information contact:
Sage EMDR Trainings
help@sageemdrtrainings.com

Register for this event online at SageEMDRTrainings.com

Sage EMDR Training maintains responsibility for this program in accordance with EMDRIA Standards

50 Continuing Education Credits offered by Ce-Classes.com

Ce-Classes.com maintains responsibility for this program and its content. Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at
Ce-classes.com, entering a key code and completing an evaluation form. Licensed Professionals should contact their regulatory board to determine course approval.

40 continuing Education Credits offered by Ce-Classes.com and approved by:

- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2025
- The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0225 Expires 02-2025
- The Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education
- The Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education
- Massachusetts Authorization Number: (TBD)
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2024 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2024.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.