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EMDR Institute Basic Training Process

An EMDR Institute (founded by F. Shapiro) Basic Training comprises 2 training workshops, each of 3 days duration and a minimum of 2 x 5 hours of case consultation to ensure that the participants optimise their exposure to the practice of EMDR. Costs and details of each of the requirements for Basic Training 1 and 2 are outlined below.

1. Basic Training Part 1

- Basic Training Part 1 takes place over a 3 day period, with each day beginning at 8.30am and finishing at 5pm.
 - The training is intensive and it is recommended that candidates read the textbook 'Eye Movement Desensitization & Reprocessing (EMDR) Therapy, Basic Principles, Protocols & Procedures'. 3rd edition (Shapiro, 2018)
 - Basic Training Part 1 focuses on introducing attendees to the Adapted Information Processing Model (AIP), the 8 phases of EMDR therapy and prepares attendees to go back into their workplaces able to conduct EMDR sessions.
 - The general recommendation is to have the two basic trainings at least 6 months apart.
2. Attendees must complete a minimum of 5 hours of Case Consultation with an Institute Accredited Case Consultant who is also a Facilitator. This can be done in a group or individual setting.
 3. Attendees are recommended to log and submit 30 - 35 hours of EMDR client hours to attend Basic Training 2.
 4. This completes Part 1 of the Basic Training.

1. Basic Training Part 2

- *Only participants who have attended an EMDR-Institute Training Part 1 can attend an EMDR-Institute Training Part 2.*
 - Basic Training Part 2 also takes place over a 3 day period, with each day beginning at 8.30 and finishing at 5pm.
 - Basic Training Part 2 goes back over the AIP and 8 phases of EMDR. It also introduces attendees to more advanced techniques including cognitive interweaves and other tools for working with more complex EMDR cases.
2. Following the workshop, attendees must complete a minimum of the second 5 hours of case consultation with an Institute Accredited Case Consultant who is also a Facilitator
 3. Attendees are recommended to log and submit 30 - 35 hours of EMDR client hours to complete their Basic Training.
 4. Once submitted, the trainer will issue an EMDR Institute Basic Training completion certificate.

EMDR Institute Basic Training Certificate of Completion Costs:

Basic Training Part 1: \$980 GST incl. for 3 day workshop

- Plus minimum of 5 hours of Case Consultation, either at a group Case Consultation day (\$287.50 GST incl.) or individual Case Consultation (approx. \$200 per hour, depending on Consultant)
- Log of 30 - 35 hours completed EMDR client hours



Basic Training Part 2: \$980 GST incl. for 3 day workshop

- Plus minimum of 5 hours of Case Consultation, either at a group Case Consultation day (\$287.50 GST incl.) or individual Case Consultation (approx. \$200 per hour, depending on Consultant)
- Log of 30 - 35 hours completed EMDR client hours



EMDR Institute Basic Training Certificate of Completion