

EMDR SINGAPORE PRESENTS

# EMDR THERAPY BASIC TRAINING



EYE MOVEMENT  
DESENSITISATION &  
REPROCESSING THERAPY

A PROGRAMME DESIGNED TO PROVIDE MENTAL-HEALTH PRACTITIONERS AND PSYCHOTHERAPISTS WITH THE SKILLS AND A FRAMEWORK TO TREAT DISTURBANCES MANIFESTED IN CONDITIONS OF DEPRESSION, ANXIETY, PHOBIAS, GRIEF AND LOSS, PTSD, ADDICTIONS, ETC. EMDR SYNTHESISES ELEMENTS OF TRADITIONAL PSYCHOLOGICAL ORIENTATIONS AND HAS BEEN EMPIRICALLY-TESTED. THE THERAPY IS LED BY THE ADAPTIVE INFORMATION PROCESSING MODEL THAT TARGETS AND ADDRESSES THE PAST, PRESENT AND FUTURE ASPECTS OF UNRESOLVED MEMORIES THAT CONTRIBUTE TO MALADAPTIVE WAYS OF COPING. THE EMDR INSTITUTE STATES THAT INFORMATION PROCESSING IS ENHANCED, WITH NEW ASSOCIATIONS FORGED BETWEEN THE TRAUMATIC MEMORY AND MORE ADAPTIVE MEMORIES OR INFORMATION. THESE NEW ASSOCIATIONS ARE THOUGHT TO RESULT IN COMPLETE INFORMATION PROCESSING, NEW LEARNING, ELIMINATION OF EMOTIONAL DISTRESS, AND DEVELOPMENT OF COGNITIVE INSIGHTS. MANY CLIENTS HAVE REPORTED FEELING LIGHTER AND FREER AFTER EMDR THERAPY.

## FORMAT OF TRAINING

EMDR Therapy Basic Training has 2 parts (Weekend 1 and 2) of classroom training of 3 days each consisting of lecture, video, demonstration and supervised practice. It is a requirement for participants to have practised EMDR therapy with selected clients and attended 5 hours of supervision/case consultation after Weekend 1 training before being eligible to attend Weekend 2 training. 5 hours of consultation with an approved EMDR Singapore consultant after each 3-day training is a requirement for receiving the Certificate of Completion. The fees for the consultation sessions are to be paid directly to the Approved Consultant (not included in the fees above). Consultation fees range between \$50/hr - \$120/hr depending on group size vs individual sessions.

EMDR Singapore is pleased to offer the following training opportunities with:  
Sigmund Burzynski, EMDR Institute Inc. faculty.

The trainings fulfil EMDR Institute requirements and is based on EMDR Institute approved manuals.

## ELIGIBILITY

This is a highly specialised therapy that requires supervised training for therapeutic effectiveness and client safety. A clinical background is necessary for proper application of the EMDR therapy. Candidates must have :

- A) 4-year Basic Degree in Psychology, Counselling, or Social Work, OR 2-year Master's Degree in Psychiatry, Psychology, Counselling or Social Work; and
- B) Minimum 2 years of full-time supervised clinical experience; and/or full membership of SAC/SPS or its equivalent.
- C) Current clinical practice and documentation is to be submitted via the registration links.

Required text: *Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols and Procedures* by Francine Shapiro, PhD. Guilford Press, NY, 3rd Edition, 2018.

[WWW.EMDR.SG](http://WWW.EMDR.SG)

# EMDR THERAPY BASIC TRAINING

## WEEKEND 1 and 2 TRAINING, EMDR INSTITUTE INC.

### EMDR Weekend 1 :

07-09 Sept | 830am - 5.30pm

Register: <http://bit.ly/SigmundW1Sept22>

### EMDR Weekend 2 :

10-12 Sept | 830am - 5.30pm

Register: <http://bit.ly/SigmundW2Sept22>

**Cost for each 3-day Weekend training  
SGD 1400**

Venue : Singapore Shopping Centre

Enquiries: [registrar@emdr.sg](mailto:registrar@emdr.sg)

**Closing Date: 12 July 2022**

(or earlier when full capacity is reached)

Weekend 2 registrants must have previously attended an approved EMDR Therapy Basic Training (Weekend 1) inclusive of 5 hours of consultation. All documentation to be submitted via the registration link.

Training is scheduled to be held on-site. Participants will be expected to attend the training venue for the full training where facilitators will conduct live demonstrations and provide supervised practice for the practicum component.

Shortlisted registrants will be contacted for a confirmation of place. Registration is confirmed upon payment. Please note that there is no refund of payment for withdrawal from training unless it is cancelled if minimum class size is not attained.



### **About the trainer:**

Sigmund Burzynski is a senior trainer with the EMDR Institute and is in private psychological practice in Geelong, Australia. He has an extensive clinical background and has worked as the resident psychologist at a maximum security prison for six years. He undertook his Weekend 1 training with Francine Shapiro in 1992 and subsequently completed his Weekend 2 training with her in 1993. He then trained extensively as an EMDR facilitator with Australia's first EMDR Institute trainer Mr Gary Fulcher. In 1998 he was chosen with other Australian facilitators to undertake further training and become an EMDR Institute trainer. Since then, he has trained extensively in Australia, New Zealand, and Asia. He has been in private practice since 1994. His current interests lie in the area of trauma management, depression, anxiety disorders, anger management, pain management and sexual dysfunction.