



Dear Participants,

Congratulations and welcome!

We are enthusiastic to have this opportunity to work with you in developing your skills as a trainer of EMDR therapy for EMDR Asia.

As Trainer Candidates for EMDR Asia Training of Trainer's (ToT) Programs, during this time of virtual gatherings, we will be walking through the first steps of this promising journey of becoming a Trainer of EMDR Basic/ Standard Training. This training will involve sharing your experience with the rest of your ToT group, celebrate each other's successes, and grow together. We anticipate learning from each of you too!

Process for training EMDR Asia Trainers:

Trainer Candidates will be assigned a Mentor who is currently an active EMDR Asia Senior Trainer. Your mentor will guide you through the process, consult with you before you begin presenting sections at trainings, as well as offer a brief phone/online consult after each training in Part 1 and Part 2.

All candidates will start their training at a 2-day intensive orientation workshop designed to prepare candidates for their role as an EMDR Asia trainer. The orientation includes a detailed review of the manual and conceptual explanation of the teaching material, the importance of fidelity to the model and the manual, and instruction in teaching skills. Trainer candidates initially present material to each other to help develop skills and confidence. Following the orientation workshop, the candidate will begin presenting sections of the training manual at trainings. All sections will be presented at EMDR Asia trainings under the guidance of a Primary or Senior Trainer. Each day of presentation, the Trainer Candidate will be evaluated on a 5-point scale. Candidates must receive an average of 4 or higher by the end of trainer's training, and conduct one training solo, also under the guidance of a Senior Trainer, and receive exceptional evaluations

from participants before proceeding to the second phase (Part 2) of the trainer's training.

Note: Most Trainer Candidates will complete their requirement of their presentations in 4-6 weekends/Part 1 trainings, based on progress and comfort level of each Trainer Candidate. Some trainer candidates prefer to move faster than others.

The entire sequence is repeated for Part 2 trainer candidates. Once completed, the Trainer Candidate will become a part of the EMDR Asia Trainer Faculty and volunteers to provide Part 1 and Part 2 trainings.

To help you get ready for our time together, you will need to prepare to present a section of the Weekend 1 manual for Part 1 and for Part 2, the Weekend 2 Manual to your colleagues. You may or may not teach all of this material from the virtual front of the room during the orientation, but you should be prepared to do so using a specific case example from your own experience to help translate the theory to clinical practice. We will be listening for your ability to offer a working understanding of the precepts of the model and your ability to explain it clearly using your own clinical examples. You will also be asked to respond to "audience questions" such as, "How does EMDR compare to hypnosis?" Or, "How do you treat a client who is on medication?" The rest of us will be ready to help by being those curious participants who raise questions. It is suggested that you have your hard copy of the manual with you so that you can take notes for your future reference.

Logistics for the orientation Training:

We will arrange a Zoom meeting with a recurring link. Our Orientation meetings will be on October 2nd and 3rd, 2026 (Saturday and Sunday) for Part 1 and October 9th & 10th, 2026 (Saturday & Sunday) for Part 2. These

are going to be full training days. We'll plan to start at 9 am Jakarta Time with an hour break for lunch and tea in between. We will work until 5:00 pm. Make sure you have a quiet space, enough bandwidth, back-up power, and all of those things we expect of participants during the virtual training. Thanks!

We would like the presence of all the Participants of Part 1 and Part 2 together on the first half day 2nd October as we can review the changes of the new Manual together as well as some of the common themes can be presented for both the groups. Part 2 participants can leave around lunch break.

A nominal fee of USD 100 for each of the Orientation Training workshops will be charged. We consulted Mrs. Indira, EMDR Asia Treasurer and she recommended that this amount should be handed over to your mentor/ president of your EMDR Association, which should be brought to Sri Lanka during the next EMDR Asia conference hopefully in 2028 or 2029, as cash. The EMDR Asia Board can decide how we utilize this small amount for the development of Training and Standards in Asia.

If you have any comments or questions, please reply to all. And please feel free to introduce yourselves online and to work together in preparation for the orientation training.

We will be sending your PPTs in some time for you to prepare for your presentation. Meanwhile, please read the EMDR Institute Manual of 2023, which you should have received by now. In case you have not received a printed copy, please reach the President of your National/ SAR Association and obtain it much in advance.

We immensely thank Dr. Rosalie Thomas, our Guru for helping EMDR Asia through her guidance during this process of organizing and conducting this Training of Trainers. We are indebted to Dr. Robbie Dunton, Executive Director of EMDR Institute for her generous support of sharing the precious material developed by EMDR Institute and Dr. Lori Pereira, Executive Director of Trauma Recovery/ HAP for her unconditional support for technical help tendered to many of the Asian Countries for the development

of EMDR in Asia. We stand for expressing our gratitude to Dr. Francine Shapiro who had faith in us to spread EMDR Psychotherapy in all parts, where humanity exists.

We request you to access the ToT document providing guidelines, application forms for registering and to learn training requirements, process and criteria for selection. Please submit your application by 15th August 2026 along with your clinical video.

We look forward to meeting and working with you in this labor of love!

Warm regards,

Sushma on behalf of Training Team of EMDR Asia