



Dear Participants,

Congratulations and welcome!

We are enthusiastic to have this opportunity to work with you in developing your skills as a Facilitator and Consultant of EMDR therapy Basic/ Standard Training and following up post training skill development and proficiency in your practice.!

Consultation provides an opportunity for the integration of the theory of EMDR along with the development of EMDR skills. During consultation, trainees receive individualized feedback and instruction in the areas of case conceptualization, client readiness, target selection, treatment planning, specific application of skills, and the integration of EMDR into clinical practice

Consultation must be provided by an Approved/Certified Trainer, Approved/ Certified Consultant, or Consultant in Training under the direction of an Approved/ Certified Consultant

In the acquisition and development of skill and knowledge an EMDR clinician moves from being an EMDR novice to hopefully achieving a high level of EMDR proficiency and expertise. EMDR Asia has developed this Orientation Training module through its team of Training Standards and Certification (TSC) Committee and seeking guidance with other international training organizations, e.g. Trauma Recovery /HAP. EMDR Asia is presenting you this 4th Orientation training, which will be followed by ongoing mentoring over the period of several training and after.

Associations should provide an opportunity for clinicians to gain proficiency and expertise through a program of consultation that results in a designation that is recognized by the association, other health care practitioners and by the consumers of mental health.

Process for training EMDR Asia Facilitators and Consultant:

Facilitators & Consultants for the practicum part, hold the key to transform knowledge into practice

Effective facilitation and supervision require not just a high level of clinical skills, but also a high-level ability to teach individuals and groups.

All candidates will start their training at a 2-day intensive orientation workshop designed to prepare candidates for their role as an Facilitator and Consultant for EMDR Asia trainings and mentoring. The orientation includes a detailed review of the manual and conceptual explanation of the practicum material, the importance of fidelity to the model and the manual, and instruction in teaching skills.

Logistics for the orientation Training:

We will arrange a Zoom meeting with a recurring link. Our Orientation meetings will be on 16th & 17th October 2026 (Saturday and Sunday). 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!

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 for the next EMDR Asia conference, hopefully in 2028-2029, as cash. The EMDR Asia Board can decide how we utilize this small amount for the development of Training and Standards in Asia. There will be nominal fees charged for the assessment of the video, which is under consideration and will be announced later.

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.

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 September 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