Framework of EMDR Asia trainers' & consultants' orientation training, October , 2026

(DRAFT for consideration)

EMDR Asia has developed its own Training Standards which are consistent with EMDR Europe, EMDR Institute, Trauma Recovery/HAP, fulfilling basic minimum standards set up by The Global Alliance and also consistent with EMDRIA requirements.

Following is the proposed outline of the Third Asian trainers' and consultants' training:

- The most updated EMDR Institute manual (June 2023) for part 1 and Part 2 will be introduced to Asian trainers and consultants, the manual will be reviewed by all prospective consultants and trainers on their first day of respective training.
- Two days orientation for the trainers' and consultants' training will be done online during October 2026 senior Trainers' Trainer (Dr. Masaya, Dr. Dani, Dr. Sushma, Dr. Nam Hee, Dr. Yuchuan, Dr. Fang Li, Dr. Khadija Tahir). Consultants Orientation Training for two days will be conducted online by Dr. Ann Parichawan, Dr. Parul Tank, Dr. Dushyant Bhadlikar & Dr. Usha Verma Srivastava, . They will also be supported by senior Trainers and Consultant, their list will be shared later.

Dates for the Online Orientation Training of Trainers and Consultants:

- Dates for Part 1 Orientation Training: 2-3 October 2026, Jakarta Time 9- 17 hours
- Dates for Part 2 Orientation Training:9-10 October 2026.
- Dates for the Orientation Training for the Facilitators& Consultants: 16-17 October 2026.

Planning for trainers' training

- For trainers' training workshop the facilitators will be Dr. Masaya, Dr. Dani, Dr. Sushma, Dr. Nam Hee, Dr. Fang Li & Dr. Khadija, Dr. Ann, Dr. Parul and Dr. Dushyant who could work with small teams.
- The trainees will be identified and included based on the assessment by their mentors/trainers/observers or by the board members of the country/SAR/Association. An application form will be filled by all applicants to enter the EMDR Trainer's Training and Accreditation Process.
- All the applications will be first screened by the representatives of the local EMDR Association, based on the selection criteria and then forwarded to the representative of TSC committee (Dr. Sushma, Dr. Masaya, Dr. Parul Tank, Dr. Dani, & Dr. Dushyant).

- The trainees being the beginners will attend the orientation training of trainers for Part 1, those who have completed their requirement of their Part 1 will attend the orientation of Part 2, thus both groups using most updated Part 1& Part 2 manuals of EMDR Institute

- Since the manuals will be the new manual for some of the participants, the whole manuals will be reviewed together for seeking the clarity and understanding on the changes and new concepts.

- On Day 1 of the Trainer's Training

    i. 30-45 minutes of orientation recap to becoming a trainer, expectations, description of some of the basic skills. Time for Q&A. Sharing from some of the new P1 trainers about their process and learning from being in this new role.
    ii. Quick updates on the changes in the new Manual of June 2023.
    iii. Divide into two groups—the P1 Trainers in Training and the P2 Trainer's in Training. In each group, the following process will occur:
        1. A Senior Trainer will present the teaching points for the first section of pages to be presented.
        2. The group will be divided into small groups of (ideally) three-four-participants and one Senior Trainer. Each will present the some selected section to the others in the small group. They can use a laptop or tablet to present the slides. This will allow them to hear the presentation three times and for the Senior Trainer to give feedback to each.
        3. A Senior Trainer will orient the larger group to the next pages to be presented and give the main teaching points.

4. Participants will divide again into small groups of three -four to present to each other and receive feedback. (they could be in the same small group, or we could ask them to rotate—we should decide)
5. This process will continue throughout Day 1 and for most of Day 2. Hopefully, most of the sections selected will be presented and practiced within that time frame.

Towards the end of Day 2:

- A Senior Trainer will review the two days, debrief, and ask for feedback.
- A Senior Trainer from EMDR Asia will outline the process of becoming a Certified Trainer, including (but not limited to) being assigned a mentor, delivering the pages at trainings, receiving feedback, submitting videos, and all other information required for the final evaluation. This should include the expectation of 5 years of voluntary participation in trainings and HAP projects.

- This method will help us to assess the competency of trainees for their knowledge as well as teaching style/lecture delivery and conceptual understanding.

This training is a start of the process and does not guarantee of completion of trainers training.

- Following this part of the training, participants will be assigned the task of presenting pages with the senior trainers who are providing the training in the locations of the trainees or send the video of their training to be evaluated. The trainees are member of their local EMDR Association, which plays an important role for the selection and continuation of trainees during the ToT.
- The senior trainers should be from the pool of trainers who are providing training in Asia as a EMDR Asia Trainers who are closely associated with the training organizations e.g. EMDR Institute & Trauma Recovery/HAP (USA) as EMDR Asia Training are based on the similar model and use their Manual, Trainees will be provided feedback and ongoing evaluation and then either do training in front of independent evaluation or submit a videotape of their training by evaluators.

Videos for Trainers in Training:

- There will be 4 videos submitted. The first one is a clinical video which is submitted prior to Part 1 training as a qualifying criterion for the selection requirements (along with other selection criteria) Other 3 parts to videos will be submitted after completing both the orientations of Part 1 & 2 and completing required pages/presentations of trainer's trainees in vivo in the presence of the mentors with positive assessment for certification purpose.
- One will be a clinical video with the client and should be perfect and of good quality, this can even be used as teaching video
- One video of presenting 3 topics of Part 1 pages
- One video of Part 2 presenting 3 topics from Part 2 pages
- The very first video has already been evaluated to enable candidates to be trained demonstrating the clinical ability - so they could attend the orientation of the first training, which should be perfect and of good quality.
- A videotaping demonstrating the ability of presenting the key elements of training may not be required during the orientation.

Planning for consults'/facilitators' training

- For consultants' training the proposed trainers will be Dr. Ann, Dr. Dushyant, Dr. Parul & Dr. Usha
- The trainees will be identified and included based on the assessment by their mentors/trainers/observers or by the board members of the country.
- All the applications will be first screened by the representatives of the local EMDR Association, based on the selection criteria and then forwarded to the representative of TSC committee (Probably Dr. Ann, Dr. Dushyant Dr. Parul)
- Since the manuals will be new for some the trainees of part 1and part 2, on the day 1, the existing manual will be reviewed together for understanding of changes introduced.
- For the training methodology a competency framework will be followed. In morning of the day 1, part-1 training on 2nd October 2026, the identified trainee will be communicated in advance to prepare for a portion of the small group simulation from practicum subtopic from the Manual for 10-15 minutes, which will be followed by Q& A from the expert panel covering the knowledge of EMDR from technical perspective and existing literature and research. (in small groups)

- Similarly, For the training methodology a competency framework will be followed. In morning of the day 1, part-2 training on 9th October 2026, the identified trainee will be communicated in advance to prepare for a portion of the small group simulation from practicum subtopic from the Manual for 10-15 minutes, which will be followed by Q& A from the expert panel covering the knowledge of EMDR from technical perspective and existing literature and research. (in small groups)

- On day 1 of the consultants' training on 16th October 2026, 30-45 minutes of consultation/supervision session in a simulation exercise will be held to showcase consultation skills. Trainees' method of AIP based case conceptualization on the case history presented and remaining components of 8 phases will be evaluated and observed for seeking clarity and understanding for their supervision skills.

- Towards the end of the day facilitators will come together share their observation for the purpose of feedback.
- During the day 2, 17th October 2026, participants will showcase through role paly the skills of case conceptualization, treatment planning, assessment and desensitization/reprocessing
- The assessment will be done on their knowledge, skills of explaining the concepts

Videos for Consultants in Training:

There will be 1 video submitted prior to Part 1 training as a qualifying criterion for the selection requirements (along with other selection criteria).

This will be a clinical video with the client and should be perfect and of good quality as per the guidelines shared.

Following this orientation training, prospective consultants will complete their required practicum training in their respective country/SAR participating with their trainer/mentor.

They will receive Supervision of Supervision during the process of their case consultation and feedback will be given by their mentor. They will be mentored until the proficiency achieved with consultation as per the requirement of Basic/Standard EMDR Therapy Training.

In order to receive the Certificate of becoming a consultant, which is corresponding to Accreditation to practice as a Consultant for the EMDR Basic Training in Asia, the Trainee needs to submit a Video of Consultation process being used during the regular online or offline group/individual consultation. The Video will be evaluated at least by 2 experts, of which one should not be from the same EMDR Association