

EMDR SINGAPORE PRESENTS

# EMDR THERAPY BASIC TRAINING

## WEEKEND 1



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, 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 training opportunity with Dr. Parul Tank, Senior Trainer, EMDR Asia.

The training fulfils 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
- 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 TRAINING

**3 - 5 April 2024 | 830am - 530pm**

Venue : Singapore Shopping Centre

### COST

**SGD1200 for the 3-day Training**

(Includes EMDR Institute Manual and tea breaks)

**Closing Date: 01 March 2024**

(or earlier when full capacity is reached)

**Register: <https://bit.ly/Apr2024W1PTank>**

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

The training is scheduled to be held on-site. Participants will be expected to attend the training venue for the full training where facilitators will 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:

Dr Parul Tank, Senior Trainer with EMDR Asia, is a consultant psychiatrist and therapist working in Mumbai with 23 years of experience. She is attached to Fortis hospital and Asian heart institute in Mumbai and has her own private practice, Nimai Healthcare, wherein she works with a multidisciplinary team.

Parul is the vice president for EMDR India and secretary of EMDR Asia. She is a trainer of trainers/consultants and is one of the founding members of the accredited training team for EMDR Asia. She has been the lead trainer for EMDR in India and has been invited to Sri Lanka, Bangladesh, Nepal, China and Philippines over the past 12 years. She has been the senior trainer and supervisor for Basic Training and has recently done several orientation trainings for participants and facilitators to update them about the changes in the new EMDR Manual.

Parul obtained her diploma and degrees in Psychiatry from KEMhospital Mumbai (Gold medal) and MRCPsy (UK). She practiced as a consultant adult psychiatrist and deaddiction liaison specialist in UK for 8 years before settling in India.

