

EMDR SINGAPORE PRESENTS



EYE MOVEMENT
DESENSITISATION
& REPROCESSING

EMDR For Anger Management

06 October 2025

Cost: SGD400

(includes 2 tea breaks)

Venue : Hotel Novotel @ Kitchener Road

Time: 8.30am - 5.30pm

Registration: <https://bit.ly/AM1025SB>

Enquiries: registrar@emdr.sg

Closing Date: 01 September 2025

(or earlier when full capacity is reached)

This one day training is for professionals whose client base includes clients that have anger and aggression issues. The training includes strategies for those clients with only minor anger issues to those whose whole life seems to be completely engulfed in anger and aggression.

The training will include:

- Understanding the neurobiology of anger
- A Treatment plan: A two-phase treatment model
- *Phase 1: Stabilisation*
- Understanding why specific strategies are employed and their limitations
- To become efficient in the practice of these strategies
- What does socialisation to the CBT model really mean?
- *Phase 2: Uncovering and Memory Integration*
- Psychopathology as a disorder of memory
- Anger and Dissociation
- Treatment of trauma based anger: the need for a new skill base

Criteria:

4-year Basic Degree in Psychology, Counselling, or Social Work, or 2-year Master's Degree in Psychiatry, Psychology, Counselling or Social Work



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.

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