

EMDR THERAPY BASIC TRAINING



EYE MOVEMENT
DESENSITISATION
& REPROCESSING

EMDR Therapy provides 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, and more.

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.

To be completed within 3 years

Part 1:

Weekend 1

Consultation



Part 2:

Weekend 2

Consultation



**CERTIFICATE OF
COMPLETION**

EMDR Therapy Basic Training Format:

Weekends 1 and 2 are three days of classroom training each, consisting of lecture, video, demonstration and supervised practice.

5 hours of consultation by an approved consultant is required after each weekend for practise of EMDR therapy with selected clients. (Paid to consultant directly).

Required text: Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols and Procedures by Francine Shapiro, PhD. Guilford Press, NY, 3rd Edition, 2018.

The training fulfils EMDR Institute requirements and is based on EMDR Institute approved manuals.

ELIGIBILITY

EMDR is a specialised therapy that requires supervised training for therapeutic effectiveness and client safety. A clinical background is necessary for proper application of the EMDR therapy and participants must currently be in clinical practice to complete their consultation requirements.

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EMDR THERAPY BASIC TRAINING

WEEKEND 1 and 2 TRAINING, EMDR INSTITUTE INC.

EMDR Weekend 1 :

02-04 Oct 2025 | 8.30am - 5.30pm

Registration: bit.ly/W1Oct2025SB

EMDR Weekend 2 :

07-09 Oct 2025 | 8.30am - 5.30pm

Registration: bit.ly/W2Oct2025SB

Cost for each 3-day Weekend training

SGD 1600

(includes 2 tea breaks)

Venue : Hotel Novotel @ Kitchener Road

Enquiries: registrar@emdr.sg

Closing Date: 01 September 2025

(or earlier when full capacity is reached)

Training is scheduled to be held on-site. Participants will be expected to attend the training venue for the full training where facilitators will conduct live demonstrations and provide supervised practice for the practicum component. Fees apply for this run, and may be subject to changes for each future run due to unforeseen circumstances.

Weekend 2 registrants must have previously attended an approved EMDR Therapy Basic Training (Weekend 1) inclusive of 5 hours of consultation. All documentation to be submitted via the registration link. Kindly refer to the link for more information on approved training: www.emdr.sg/approved-emdr-training/

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:

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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