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INTRODUCTION TO EMDR THERAPY

**Curious about Eye Movement Desensitization &
Reprocessing Therapy?**

**Join us for this introductory workshop, which combines
foundational teaching with live demonstration.**

**A rare opportunity to have your questions answered by
a distinguished faculty member of the EMDR Institute.**

*Registration is open to therapists, psychologists, social workers, and
allied mental health professionals with at least a 4-year Basic Degree
(psychology, counselling, social work) or 2-year Master's Degree
(psychiatry, psychology, counselling, psychotherapy, or social work).*

Venue: Hotel Novotel @ Kitchener Road

23 March 2026 (Mon), 9am - 12pm

Fee: \$100
Early Bird Fee: \$80
(Payment made by
23 Jan 2026)

Register at:
bit.ly/23Mar26EMDRIntroSB

CONTACT US
registrar@emdr.sg

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ABOUT THE TRAINER



Sigmund Burzynski began his EMDR journey over 30 years ago, in 1992, when he completed EMDR Part 1 training with Francine Shapiro (founder of EMDR Therapy). He completed Part 2 training with Francine the following year and his passion for EMDR led him to train extensively as an EMDR facilitator with Australia's first EMDR Institute trainer Mr Gary Fulcher. In 1998, he was chosen to undertake further training with Francine, and became an EMDR Institute trainer.

Sigmund has been an active trainer throughout Australia, New Zealand, Hong Kong, Singapore, Taiwan and Malaysia. He has been active in the supervision and training of Psychologists, and has lectured on EMDR at the University of Indonesia and Tarumanagora University, Indonesia.

Sigmund and Roger Solomon, held the first Structural Dissociation Master Class in Australia in 2000. He is now semi-retired and continues to find great joy in providing boutique EMDR Institute trainings to smaller groups.

Prior to private practice he served as resident psychologist at a maximum security prison for 6 years. His experience in the prison system resulted in the development of a group program on anger management named 'Alternatives to Violence Program', which received a National Award. He has provided public lectures on Anger Management in Singapore and presented a case study on trauma based anger at the inaugural EMDR Asia conference in Bali.

His current interests lie in the area of trauma management, depression, anxiety disorders, anger management, pain management and sexual dysfunction.