

EMDR THERAPY BASIC TRAINING

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.



WEEKEND 1 TRAINING

12 - 14 August 2026
8.30am - 5.30pm

Holiday Inn Singapore Atrium
317 Outram Rd, Singapore 169075

Cost: SGD 1600
(includes lunch and 2 tea breaks)

Register early to secure your slot:
<https://bit.ly/W1Aug26PT>

Candidates are to submit documentation of:

- 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 or full membership/registered psychologist with SPS; ordinary membership/RSW with SASW; CMSAC/RC with SAC; and
- C) Current dated letter from employer stating job title and clinical roles and responsibilities

Eligible registrants will be contacted. 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. Participants are expected to attend the full 3-day training.



About the trainer:

Dr Parul Tank 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 in a multidisciplinary team.

Parul is the 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, Philippines over the past 12 years. She has been the senior trainer and supervisor for Basic Training and has recently done many 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 KEM Hospital Mumbai(Gold medal) and MRCPsy(UK). She practised as a consultant adult psychiatrist and deaddiction liaison specialist in UK for 8 years before settling in India.