

# EMDR THERAPY ASSESSMENT AND TREATMENT PLANNING

23 MAR 2026 (MON)  
2PM - 5PM

Take your EMDR practice to the next level in this in-depth workshop on **EMDR Therapy Assessment and Treatment Planning**, designed to help EMDR therapists work with greater clarity, confidence, and effectiveness. Strong assessment and thoughtful treatment planning are the foundation of successful reprocessing—yet they're often where therapists feel uncertain or get stuck.

This workshop breaks down the process step by step, helping you translate EMDR theory into clear clinical decisions, identify meaningful targets, and build treatment plans that support smoother, more efficient reprocessing.

A highlight of the training is a **video demonstration with a real client**, offering a rare opportunity to see EMDR-informed assessment and planning unfold in real clinical work. Ideal for EMDR therapists who want practical guidance, real-world application, and tools they can immediately integrate into their practice.

Criteria:

Open to those who have completed  
at least EMDR Basic Training  
Weekend 1

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Venue:

Hotel Novotel @ Kitchener Road  
181 Kitchener Road, S208533

Registration:

<https://bit.ly/CC23Mar26SB>

**Trainer: Sigmund Burzynski**



## **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.

Fee: \$120  
(\$100 for EMDR  
Singapore members)