



# EMDR Part – I Virtual Training

**DATE:** 20-25<sup>th</sup> January, 2021

**TIME:** 3pm – 6.30 pm

**VENUE:** Zoom

Due to the Covid-19 pandemic, EMDR Asia and EMDR Association in collaboration with Trauma Recovery-Humanitarian Assistance Program, USA is announcing a virtual on-line training.



## **About EMDR Training**

EMDR Basic Training has 2 parts of classroom training (20 hours lectures, 20 hours practice and 10 hours supervision/consultation) which includes lectures, video demonstrations and supervised practice in small groups.

Five hours of case consultation with an approved EMDR consultant after each part of the Basic Training is a requirement for receiving the certificate of completion.



## Trainers:

**Dr. Sushma Mehrotra, Dr. Parul Tank, Dr. Dushyant Bhadlikar**

## Trainers in Training/ co-trainers:

**Dr. Chitra Munshi, Dr. Mrinalini Purandare, , Ms. Nithya Mohan, Ms. Karishma Savla Shah, Ms. Kruti Shah**

## Facilitators/ Consultants:

**Dr. Deepak Gupta, Dr. Usha Verma Srivastava, Mr. Chintan Naik, Dr. Chitra Munshi, Dr. Mrinalini Purandare, Ms. Nithya Mohan**

## Facilitators in training/Co facilitators:

**Ms. Adithy, Rev Chilton George Fernandes ,Ms. Saloni Sawnani, Ms. Karishma Shah Savla, Ms Kruti Shah, Ms. Sonali Tanksale, Tripti Vaid and Dr. Syam KR**

## EMDR Association President and training in charge:

**Dr. Mrinalini Purandare, Email ID: [mdpurandare@yahoo.com](mailto:mdpurandare@yahoo.com)**

## Contacts Persons Logistics

**Ms. Srishti Agrawal, Email ID: [team.chintanaik@gmail.com](mailto:team.chintanaik@gmail.com)**



20-25<sup>th</sup> January, 2021

**Eligibility:**

Part 1: The candidates who are enrolling should be post graduates of regular courses from mental health or social science faculties including psychology, psychiatry, human development and social work from UGC recognized University. Individuals completing their PG courses from private institutes or universities not recognized by UGC or without practical experience should not apply.

Part 2: The candidates should complete part 1 and 5 hours of consultation.

Fees: (inclusive of course materials and consultation of 5 hours)

INR 25,000/- (Paid for only part I or only II)

INR 47,000/- (Paid for both part I & part II together)

For registration, please visit the website [www.emdrindia.org](http://www.emdrindia.org)



## **Registration process for participating in the training**

1. Please fill the Application form on the website ([www.emdrindia.org](http://www.emdrindia.org)) or given in this form and send by email to the addresses given over there. Please also attach a scanned copy of your highest degree of education which meets the eligibility criteria for this training.
2. Kindly wait for the confirmation of your Application acceptance.
3. After confirmation of your application acceptance, make the payment of INR 25,000 for EMDR Therapy Part 1 training and INR 47,000 for both part- 1 and Part-2 combined including 10 hours of consultation (5 hours after the Part 1 and 5 hours after the part 2 training). Kindly email the electronic copy of the payment to the address given in the application form.
4. Receive confirmation about the payment
5. Payment will be accepted by electronic transfer only taking into account the current scenario. (Details on the next page)
6. Refund policy: 80% refund one month prior to training and 50% 2 weeks prior to training. No refunds possible thereafter.



## Payment Details

Payment will be accepted by electronic transfer only taking into account the current scenario.

Please send the registration payment to:

Account Name:	EMDR Association
Account Number	913020050319821
Account type	Current
Bank Details	Axis Bank Limited, Nariman Point Branch, Ground Floor, G-1, Maker Chambers IV, Nariman Point, Mumbai – 400021, Maharashtra (MH), India
IFS Code	UTIB0000173
Swift Code	AXISINBB173



**Application Form EMDR Basic Training, Part 1**  
**20-25 January, 2021**

**To be announced (Part 2)**

Applying for: Part 1/Part 2/Parts 1&2 (Choose one)

Full Name:

Highest educational qualification:

Profession:

Permanent Address (Residence):

Address (Work):

Mobile no: Email address:

Registration fees:

Please fill up this form and email to:

[emdrindia@gmail.com](mailto:emdrindia@gmail.com) & [mdpurandare@yahoo.co.in](mailto:mdpurandare@yahoo.co.in)

Kindly wait for the confirmation of your application acceptance by email

**IMPORTANT: Please do not pay the registration fees until you receive the confirmation of your application acceptance, based on eligibility criteria and seat availability**

Communications will be preferred by email. We are trying to make this as paperless as possible!



## **What is EMDR?**

EMDR is a form of a psychotherapy that was developed to resolve symptoms resulting from disturbed and unresolved life experiences. It uses a structured approach to address past, present, and future aspects of disturbing memories.

The approach was developed by Dr. Francine Shapiro to resolve the development of trauma-related disorders as resulting from exposure to a traumatic or distressing event, such as manmade, natural disaster, or childhood trauma. Since Dr. Francine Shapiro introduced EMDR to the clinical community in 1989, the last 25 years have seen a phenomenal research on the effectiveness of this therapy.

Today, EMDR is accepted as a valid method of treatment for PTSD by American Psychological Association and the American Psychiatric Association. It is widely used in USA, Europe and many parts of Asia. EMDR therapy is recommended for children, adolescents and adults with PTSD by World Health Organization (W.H.O), 2013.





## **EMDR Association, India**

### **(About us)**

EMDR Association, India started from the Department of Psychology of Post Graduate Studies and Research of SNDT Women's University Mumbai, India in 2001.

EMDR Association is registered in India (Registered under Society Registration Act, Maharashtra State, India and Registration No.1768) during 2013. Trauma Recovery/EMDR Humanitarian Assistance Programs USA supports the EMDR Asia and EMDR Association of India in its bid to become an organized independent body that can conduct trainings, workshops, seminars and conferences in India and Asia.

Indian EMDR therapists have reached out to earthquake survivors of Gujarat in 2001 and in the southern part of India after 2004 Tsunami, thus helping 16,000 children. Currently several psychotherapists are practicing EMDR in various parts of India and forthcoming trainings will provide opportunity to the mental health professionals with psychology, social work and psychiatry background to learn hands-on EMDR therapy.

EMDR Association has been involved in healing up to 3500 children traumatized due to floods in Srinagar, Kashmir after September 2014. EMDR Association conducted training for mental health professionals of Kashmir and 13 EMDR practitioners from Mumbai, Delhi and Varanasi stepped in for a month long intervention using group protocols of EMDR therapy in schools.



During 2016-2017, EMDR Association collaborated with Trauma Recovery/EMDR-HAP, USA, Transcultural Psychosocial Organization Nepal (TPO Nepal), Trauma Aid/HAP France, Action Contre La Faim (ACF) and WHO- Nepal and conducted EMDR Part1& 2 trainings in Kathmandu. After the devastating floods in Kerala (2018), EMDR Association provided training and technical assistance to psychotherapists from Kerala for the hundreds of trauma Victims and similarly to the post terror attacks in Sri Lanka (April 2019). Besides Trauma Recovery/ EMDR-HAP, EMDR Association collaborates with EMDR Asia and extends EMDR basic trainings to other Asian countries e.g. Bangladesh, Sri Lanka, Vietnam, Afghanistan and Philippines, Nepal and some international trainees too attend the training conducted in India.

*To know more about EMDR in India, please check [www.emdrindia.org](http://www.emdrindia.org)*