

5 STEPS TO TAKE AN EMDRIA APPROVED EMDR TRAINING

STEP 1: UNDERSTAND WHAT AN EMDR TRAINING CONSISTS OF

- An EMDRIA approved EMDR training equips trainees with the knowledge and skills to use EMDR therapy, providing at least 50 hours of content through lecture, practicum, and consultation.
- A trainee receives education about EMDR theory and model, learns to apply this information to client cases, and is required to use and consult about their use of EMDR therapy during the training to integrate EMDR into clinical practice.



STEP 2: MAKE SURE YOU ARE ELIGIBLE TO ATTEND AN EMDR TRAINING

- Eligibility for EMDR training requires independent licensure or working toward independent licensure to practice mental health in the service provider setting.
- Not sure if you are eligible? Visit the eligibility requirements for EMDR training here www.emdria.org/emdr-training/emdr-training-old/eligibility-requirements-for-emdr-training/.



STEP 3: FIND AN EMDR TRAINING

- EMDRIA approved EMDR training providers arrange their dates, locations, formats, and payments for the training they teach.
- Training may be virtual or in-person and may have different date arrangements. The EMDR Educational Calendar displays training dates when providers inform EMDRIA that trainings are taking place. View upcoming EMDR training options here www.emdria.org/events/.
- Tip: There are many training options, so please dedicate time to the search process to find one that best meets your needs.



STEP 4: REGISTER FOR AN EMDR TRAINING

- An EMDRIA approved training provider handles the registration and administration process for each training they provide.
- Note: EMDRIA does not handle registration for individual EMDR training.
- We highly recommend that you contact the EMDR training provider directly with questions about registration, formats, training consultation process, and eligibility for the training they offer.



STEP 5: COMPLETE AN EMDR TRAINING

- The EMDR training completion certificate will indicate the completion of a minimum of 50 training hours.
- Note: The training completion certificate may not be the same as any CE certificate(s) you receive.
- Once you receive your EMDR training completion certificate, you are considered an EMDR trained clinician capable of using EMDR therapy in your practice.

