



Trauma Recovery, EMDR Humanitarian Assistance Programs presents  
**Eye Movement Desensitization and Reprocessing**  
**(EMDR) Basic Training**  
**In person/On Location Training**

EMDR Basic Training consists of Weekend I and Weekend II Training.  
Each training event is three days of didactic and supervised practice.

**Cost: \$495.00 per weekend** (fee does not include consultation)

**Weekend I and II EMDR Training**  
**Hosted by:**  
**Samaritan Center of Puget Sound**

**Location of Training:**  
**564 NE Ravenna Blvd**  
**Seattle, WA 98115**

**Dates**  
**Part I Dates: March 19-21, 2026**  
**Part II Dates: June 25-27, 2026**

**Please Note:** You should allow at least 8 weeks between your EMDR Part 1 and your EMDR Part 2 trainings. This allows you to work on the skills you learned in Part 1, obtain consultation hours and complete the required readings, to better prepare you for the Part 2 training.

**To Register for Part 1, March 19-21, 2026:**  
<https://www.emdrhap.org/content/event-registration/?eventid=a1PUx000002aGUv>

**To Register for Part 2, June 25-27, 2026:**  
<https://www.emdrhap.org/content/event-registration/?eventid=a1PUx000003skCD>

**Requirements:**

**To obtain the EMDR Basic Training Record of Completion** you must attend EMDR Part 1 and EMDR Part 2 in full (*each training event is three days of didactic and supervised practice*) AND complete a total of 10 consultation hours with one of the consultants on the [Trauma Recovery/HAP Consultant Directory](#) (consultation hours are not included in the registration fees) AND complete the Learning Assessments for both the Part 1 and Part 2 trainings with a score of 80% or better.

**EMDRIA Requirement - Time Frame for Completion of an EMDRIA Approved EMDR Training: Beginning June 1, 2020 participants who begin the EMDR Basic Training must complete the entire training (this includes Part 1, Part 2, and ALL 10 hours of required consultation) within 12 months from their initial start date.**

**Eligibility:**

Trauma Recovery/HAP EMDR Basic Training is available to clinicians who work for a non-profit or public sector organization in a clinical mental health capacity. Clinicians working with underserved communities are also eligible to complete their EMDR training through Trauma Recovery/HAP.

EMDR training is also available to full time students enrolled in a Master's or Doctorate level program in the mental health field (Social Work, Counseling, Marriage Family Therapy, Psychology, Psychiatry, Psychiatric Nursing - **first year students not eligible**). Students will be asked to submit a Supervisor's approval form.

For clinical requirements, please visit the Trainee Resource page on our website:  
<https://www.emdrhap.org/training/trainee-resources/>

**Participant Completion Criteria:**

- Consultation hours **MUST BE** completed by a Trauma Recovery/HAP consultant; please visit our website at <https://www.emdrhap.org/training/consultant-directory-support/> to find a consultant on our consultant directory. Trauma Recovery/HAP is not responsible for arranging consultation hours. All consultants must be contacted directly.
- Note: Consultation hours completed with a consultant that is not on the Trauma Recovery/HAP Consultant Directory will **not** be counted toward the 10 hours required for your EMDR Basic Training.
- Records of Attendance for a EMDR Part 1 will be emailed to all participants after their attendance at the Weekend 1 training has been confirmed and payment has been received.
- CE information will be sent to EMDR Part 1 participants after their attendance has been confirmed and their learning assessment has been successfully completed.
- Attendance Confirmation emails will be sent to EMDR Part 2 participants after their attendance at the Weekend 2 training has been confirmed and payment has been received.
- CE information will be sent to EMDR Part 2 participants after their attendance has been confirmed and their learning assessment has been successfully completed.
- Records of Completion will be emailed to all participants of an EMDR Part 2 training after their attendance at the Part 2 training has been confirmed, learning assessment has been successfully completed, payment has been received, and all 10 hours of consultation have been completed.

**Part 1 LEARNING OBJECTIVES**

**10 hours of didactic + 10 hours of supervised practice**

**Upon completion of Part 1 of the Training, participants will be able to:**

- Name 2 websites that list research relevant to EMDR therapy
- List 3 types of client's presenting issues that have been successfully treated with EMDR therapy
- Name 3 proposed mechanisms of action in EMDR therapy
- Describe an important premise of the Adaptive Information Processing model
- List the components of memory
- Name the 8 phases of EMDR therapy
- Identify the prongs of the Three-Pronged Protocol of EMDR therapy
- Describe 3 criteria on the Client Readiness Checklist
- Distinguish between Direct Questioning and the Floatback technique during Phase 1 History Taking and Treatment Planning
- List the informational plateaus
- Distinguish between state change and trait change in EMDR therapy
- Describe one purpose for Safe/Calm State utilization
- Identify the purpose of the Assessment Phase of EMDR therapy
- Identify the purpose of utilizing the SUD scale and what it stands for
- Describe when to return to target in Phase 4 Desensitization.
- Identify the purpose of the VOC scale and what it stands for
- Describe how to conduct the Phase 6 Body Scan
- Describe three strategies for assisting a client to stay within the window of tolerance
- Describe how to resume reprocessing following an incomplete target memory.
- Describe when you would apply the Future Template

**For those obtaining CEs through Trauma Recovery/HAP's CE provider:** EMDR Part 1 and EMDR Part 2 will be 20 credits at a cost of \$30 for each training. Participants will receive information on how to purchase their CEs, through CE Classes, approximately 2 weeks after the training.

- [CE-Classes.com](http://www.ce-classes.com) is the provider of CEs.
- Licensed Professionals should contact their regulatory board to determine course approval.
- There is no known commercial support or conflicts of interest for this workshop.

**For more detailed information on Eye Movement Desensitization and Reprocessing (EMDR):**

<http://www.emdr.com/general-information/what-is-emdr.html>

**Please visit our Trainee Resource page for additional information on completing your EMDR Basic Training through Trauma Recovery/HAP:**

<https://www.emdrhap.org/training/trainee-resources/>



*All cancellations must be in writing to Trauma Recovery/HAP, by email, fax or letter. Cancellation 14 business days prior to event start date will receive a refund of basic training fee, less a \$45 administrative fee. Cancellation between the 14th and the 4th business day prior to event start date will receive a 50% refund of basic training fee. These are contingent upon receipt of a written cancellation with a timely postmark, via letter, email (training@emdrhap.org), or FAX 203-288-4060. There is no refund for cancellations within 72 hours (3 days) of the event's advertised start date. Grievances are only accepted in writing and will be handled within ten business days. Accommodations will be made in compliance with ADA. For ADA assistance, please contact the Trauma Recovery/HAP*

Trauma Recovery/HAP is a 501(c)(3) nonprofit organization committed to relieving human suffering and breaking the cycle of violence by providing low-cost training to mental health professionals serving traumatized communities worldwide.

**Trauma Recovery/HAP's organizational objectives are to:**

- give local mental health professionals the tools to meet the long-term emotional needs of traumatic stress survivors in their own communities by training them in EMDR methodology, and
- promote greater public awareness of trauma, its effects and treatment.