



## **EMDR Basic Training in Aotearoa New Zealand**

### **With Dr. Tal Moore**

### **Accredited Trainer from the EMDR Institute® and EMDR NZ**

#### **What is EMDR Basic Training?**

EMDR Basic Training is designed for qualified therapists and mental health professionals. Participants must already be accredited in a core profession to be eligible. For criteria details, visit the training eligibility section on the EMDR Association of NZ webpage.

By the end of the training you will be fully trained in EMDR Therapy and able to use it with your clients with ongoing supervision.

#### **Who is Leading the Training?**

Dr. Tal Moore, an accredited trainer with the international EMDR Institute, offers the EMDR Basic Training courses developed by EMDR Therapy's founder, Dr. Francine Shapiro. The curriculum is regularly updated to incorporate the latest research and knowledge.

This course is accredited by EMDR NZ, allowing you to work towards accreditation with the EMDR Association of NZ upon completion.

#### **What Will the Training Cover?**

The EMDR Basic Training training is practical, featuring case supervision and hands-on EMDR practice. The structure of the training is divided to two parts:

- I. **Part 1:** A 3-day live course, in-person or online. This is then followed by a 5-hour EMDR case consultation group online, typically held within 1-4 months of the Part 1 course.
- II. **Part 2:** A 3-day live course, in-person or online. This is then followed by a 5-hour EMDR case consultation group online, typically held within 1-4 months of

the Part 2 course. Attendance at all sessions is required to receive the Certificate of Completion for Basic Training.

## **Key Topics of the EMDR Basic Training Include:**

- The 8-phase EMDR protocol
- Evidence-based practices
- Understanding trauma and PTSD
- Formulation and the adaptive information processing model
- Preparation and resourcing
- The Three-Prongs of EMDR
- Working with complex trauma and children
- Case supervision and EMDR practicum
- Application to clinical presentations including: *depression, anxiety conditions, physical health and pain conditions, grief & mourning, addictions, dissociation, law-enforcement personnel, working with couples, and more.*

## **Training Structure & Dates**

The training consists of two teaching courses and two case consultation groups. The most up-to-date course times and locations can be found on the [emdrfoundations.com](http://emdrfoundations.com) website.

It is highly recommended that the Basic Training is completed within one year. Exceptional circumstances for requiring longer to complete the training are considered on a case-by-case basis.

## **Training Format**

The training includes videos and interactive exercises to enhance understanding of EMDR. It combines lectures, group activities, and practical exercises. Participants will receive a comprehensive printed manual, a PDF of materials, and access to on-demand EMDR videos covering essential topics.

## **Registration Details**

To register for the EMDR Basic Training, please complete the registration form which is available on the EMDR Foundations website.

## **Cost**

The total cost for the complete basic training is \$2,900, including GST. This cost includes both training courses (3 days each), the two required case consultation groups (5 hours each, online) and two training manuals (one for each course), as well as, PDF versions of all the scripts and worksheets.

Please note that you will need to purchase the book Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures by Francine Shapiro (2018) separately.

## **Equal Access**

If you have a disability that may affect your ability to attend or benefit from the training, please contact Dr. Tal Moore to discuss your needs. We strive to provide reasonable accommodations to support your participation.

## **Cancellation & postponement policy**

Requests to reschedule an existing registration to a later training date must be submitted in writing at least 30 days before the original training date. If requests are made within the 30 days leading up to the training, a fee of 50% of the training cost will be charged, in addition to the new registration fee for the later date.

To cancel your registration, a \$99 administration fee (including GST) will apply for cancellations made in writing up to 30 days before the training. Unfortunately, no refunds can be provided for cancellations made within 30 days of the training. Additionally, if a participant does not attend the training, no refunds will be issued. In the event that EMDR Foundations cancels an event, a full refund will be provided.

If you plan to fly to attend the training, we recommend obtaining travel insurance and considering alternative travel arrangements in case of flight cancellations. Please note that in-person trainings do not offer a remote attendance option and must be attended in full over the three days.

Any questions about the training - email Tal and ask [drtalhmoore@gmail.com](mailto:drtalhmoore@gmail.com).