EMDR Therapy Training

The Complete Course, including the required consultation

SABBATH OBSERVED TRAINING
See below for dates and times EST (NY)
All dates mandatory. Payment plan available.
Early bird : September 20th, 2025
Last date to register : October 4th, 2025

Nov 2025 through Feb 2026 • Live Virtual Training via Zoom

In person practicum option in Buffalo, NY
Bilingual (Spanish) practice group opportunities

EMDRIA Approved
55 Contact Hours, 50 CEs
Limited to 50 participants

Trainers: Annie Monaco, Ann Beckley-Forest, Lisa Prefontaine and Brooke Lewis

Curriculum credited to:

Dr. Ricky Greenwald, PsD.

TRAUMA INSTITUTE & CHILD TRAUMA INSTITUTE

For therapists working with all ages, both kids and adults

Why EMDR?

EMDR is an evidence-based practice that is the designated treatment choice for Post Traumatic Stress by The American Psychiatric Association, International Society for Traumatic Stress Studies, and the US Department of Veterans Affairs.

Studies have shown that 90% of therapy clients have experienced a type of trauma in their lives.

EMDR integrates well with with other therapeutic approaches including CBT, DBT, IFS, Somatic, and Play Therapy.

EMDR Therapy is not diagnosis specific! Although it is known for the treatment of trauma, PTSD & C-PTSD, it is effective with a broad range of diagnosis including:

Anxiety	Medical Issues
Depression	Eating Disorders
Bipolar Disorders	Grief and Loss
OCD	Dissociative Disorders
Panic Disorder	Performance Anxiety
Phobias	Personality Disorders
Pain	Substance Abuse
Chronic Illness	Sleep Disturbance
Children and Teen behavioral issues	Psychosis
	Violence and Abuse

Who may attend?

EMDR Therapy training is open to master level mental health professionals who are licensed (certified or registered) by their state for independent practice and have a caseload to practice the therapy while in the course. This training is also open to mental health professionals on a licensure track, with a letter of support from their supervisor.

What sets us apart from other EMDR Trainings?

This is a hands-on clinical skills training for using EMDR and integrating it with your psychotherapy approach. This top-of-the-line training program exceeds EMDRIA's criteria for EMDR basic training, and features:

- EMDR basic training across the lifespan
- No "Parts" or "Levels" – this is the whole package. No "extra costs" for consultation
- 55 contact hours over several months to support mastery; 50 CE
- Includes robust interventions for self regulation for adults, teens and children
- Continued support through free drop-in Q & A sessions
- Talented facilitators with a broad range of specializations
- Small facilitator-to-participant ratio in practice sessions
- Extensive supplemental resources including videos.
- Modules on attachment, dissociation, and children and teens

The training program involves lecture, demonstration, in-class practice, and on-the-job practice with your clients. This is an experiential training, and part of the learning is to practice the interventions with other participants.

Continuing Education Credit

CE information for all professional disciplines can be found here.

Trauma Institute & Child Trauma Institute are an approved provider for Psychologists, LPC's, LMFT, SW, LCATS and Psychoanalysts.

Textbooks

Greenwald, R. (2007). EMDR Within a Phase Model of Trauma-Informed Treatment. NY: Haworth. (Included with course materials)

Shapiro, F. (2001). Eye Movement Desensitization and Reprocessing: Basic principles, protocols, and procedures, 3rd Edition. NY: Guilford. (Not included)

What will I learn?

Participants will be able to:

- Use EMDR with a wide range of clients across the life span whose presenting problems are related to adversity, trauma and/or loss
- Identify clients who are ready for EMDR and prepare clients for EMDR
- Apply robust interventions, and approaches to prepare children and adults for trauma processing
- Conduct an EMDR session in multiple practicum sessions
- Problem-solve a session that is not going smoothly

Training Team

Ann Beckley-Forest, LCSW- R, RPT-S EMDRIA approved trainer, is co-founder of Playful EMDR, an online hub for training and consultation. Her specialties include attachment and child and adolescent trauma, and she also works with adult survivors. Ann's primary interest is in the intersection of play therapy and EMDR and has published on this topic including as contributor and co-editor of *EMDR with Children in the Play Therapy Room: An Integrated Approach (2020).*

Annie Monaco, LCSW, RPT-S, EMDRIA approved trainer, is co-founder of Playful EMDR, an online hub for training and consultation. Annie provides speciality training on the use of EMDR with Children and Teens, treating attachment wounds, children using dissociative strategies foster care and at risk teenagers. Annie has published on dissociation and is co-editor of *EMDR with Children in the Play Therapy Room: An Integrated Approach (2020).*

Lisa Prefontaine, MS, LMHC is an Instructor, Consultant of TI/CTI. Her therapeutic specialties include EMDR, DBT, Co-occuring disorders, Perinatal disorders, Sensorimotor Psychotherapy, Ego State/Parts work, Complex Trauma, and Brainspotting.

Brooke Lewis, MS, LCSW is an EMDR Instructor, Consultant, and Clinical Supervisor specialized in complex trauma and dissociation. She integrates her knowledge and training in Internal Family Systems, Sensorimotor Psychotherapy, and EMDR to provide Integrative EMDR Intensive Therapy and Retreats.

LIVE Online Training

Dates and Times - All times EST (NY)

Part I

November 4th & 5th, 2025	11:00am-7:00pm
November 6th, 2025	11:00am-3:00pm

Part II

December 3rd, 4th, 8th & 9th, 2025	11:00am-7:00pm
December 10th, 2025	11:00am-3:00pm
January 22nd & 29th, 2026	11:00am-3:00pm
February 5th & 12th, 2026	11:00am-3:00pm

In person practicum option in Buffalo, NY is available on December 8th and 9th.

Cost

Early Bird Rate, until September 20th, 2025: $1,525

Regular Rate, after September 20th, 2025: $1,725

Discount for California Residents: $1,225

Final Day to register is October 4th, 2025

CE credits and Dr. Greenwald's book are included in the price of this course for licensed registrants. A payment plan is available.

Registration

Register online at www.playfulemdr.com. All dates and pre-reading are mandatory. A caseload is required.

Click here to carefully review pre-approval document prior to registering OR contact monaco.training.center@gmail.com for questions and pre-approval.