



# EMDR Therapy Training

The Complete Course, including  
the required consultation

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

Attend online for all dates, or join us for the four in-person days on a 400-acre, beautiful, wooded retreat campus in the Pocono Mountains of Pennsylvania, where we tie together wellness, self-care, and learning. Master this powerful healing modality while enjoying community with your peers, access to hiking and nature, yoga, and additional spa/wellness services.

**Can't come in person? Complete the full training online!**

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

June through  
September 2026  
In-person & Virtual

SABBATH OBSERVED TRAINING  
Bilingual (Spanish) practice group  
opportunities

Dates and times on last page.  
All dates mandatory.  
Payment plan available.  
Early bird: May 22nd, 2026  
Last date to register:  
June 1st, 2026

## In-person & Virtual

In-person option at the Himalayan  
Institute in Homesdale, PA is  
available on  
*July 28th, 29th, 30th & 31st.*



For therapists working  
with all ages, both  
kids and adults



HIMALAYAN  
INSTITUTE®

## 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.

## 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 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 | Psychosis              |
| behavioral issues | Violence and Abuse     |

## 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 intervention for self regulation for adults and children
- Continued support throughout free optional consults

- Robust interventions content and approach to preparing your clients for trauma processing for children and adults
- Talented facilitators with a broad range of specialization
- Small facilitator to participant ratio in practice sessions
- Extensive supplemental resources including videos
- Modules on Attachment, Dissociation and Children and Teens

Presented by:  
Ricky Greenwald,  
PsyD, Executive  
Director



## 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 in some way related to trauma and/or loss.

- Identify clients who are ready for EMDR and prepare clients for EMDR.
- Robust interventions content and approach to preparing your clients for trauma processing for children and adults
- 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** is an EMDR Instructor, Consultant and faculty member of TI/CTI. Her specialties include attachment and child and adolescent trauma. She is a registered play therapist and supervisor and approved provider of play therapy continuing education.



*Annie and Ann are co-editors and contributors of chapters for EMDR with Children in the Play Therapy Room, An Integrated Approach (2020).*

*Brooke and Lisa provide advanced level EMDR trainings that integrate Somatics, Internal Family Systems, and EMDR.*

**Facebook | Facebook Group**  
Linkedin: **[Ann Beckley-Forest](#)**  
& **[Annie Monaco](#)**  
**[Instagram](#)**

**Annie Monaco, LCSW, RPT-S** is co-founder of Playful EMDR, an online hub for training and consultation. Annie travels internationally/US providing specialty trainings on EMDR with children and teens and treating attachment wounds and children using dissociative strategies. Annie has extensive experience with foster care, out of country adoptions, and at-risk teenagers and family therapy. Annie is an EMDRIA approved trainer of EMDR and provides consultation to therapists and agencies.



**Brooke Eaton, 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.



**Lisa Prefontaine, MS, LMHC** is an Instructor, Consultant of TI/CTI. Her therapeutic specialties include EMDR, DBT, Co-occurring disorders, Perinatal disorders, Sensorimotor Psychotherapy, IFS Pending Certification and EgoState work, Complex Trauma, and Brainspotting.



## 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)*

## ADA Accommodations

If you require any ADA support, please contact us at least 3 weeks prior to the event at [emdrbasic@playfulemdr.com](mailto:emdrbasic@playfulemdr.com). Please write "EMDR Basic" in the subject line of the email.

## Grievances

We are happy to respond to any concerns or questions you may have. Please contact [emdrbasic@playfulemdr.com](mailto:emdrbasic@playfulemdr.com) and write "EMDR Basic" in the subject line of the email.

## Cancellation

[Click here to see our full cancellation policy.](#)



## Dates in 2026

All times EST (NY)

### Part I

|                  |               |
|------------------|---------------|
| June 22nd & 23rd | 9:00am-5:00pm |
| June 24th        | 9:00am-1:00pm |

### Part II

|                        |               |
|------------------------|---------------|
| July 23rd              | 9:00am-5:00pm |
| July 28th - 30th       | 9:00am-3:30pm |
| July 31st              | 9:00am-1:00pm |
| August 27th            | 9:00am-2:00pm |
| Sept. 10th, 17th, 24th | 9:00am-1:00pm |

***In person practicum option at the Himalayan Institute in Honesdale, PA is available on July 28th, 29th, 30th & 31st.***



## Registration

Register online at [www.playfulemdr.com](http://www.playfulemdr.com). All dates and pre-reading are mandatory. A caseload is required.

[Click here to review pre-approval document](#) carefully prior to registering OR contact [emdrbasic@playfulemdr.com](mailto:emdrbasic@playfulemdr.com) for pre-approval.

## Cost

**Early Bird Rate**, until May 30th, 2025: \$1,525

**Regular Rate**, after May 30th, 2025: \$1,725

**Final Day to Register** is June 4th, 2025

*CE credits are included in the price of this course for licensed registrants. A payment plan is available. Please contact Playful EMDR for details at [emdrbasic@playfulemdr.com](mailto:emdrbasic@playfulemdr.com).*

## Location

Himalayan Institute:  
952 Bethany Turnpike  
Honesdale, PA 18431

[View Accommodation Options](#) and [Add-on Spa/Wellness Services](#)