



Sri Lanka EMDR Association (SEA)

EMDR Asia and EMDR Association of Sri Lanka,
in collaboration with
Trauma Recovery Humanitarian Assistance Program, USA
is announcing

**EYE MOVEMENT DESENSITIZATION
REPROCESSING
(EMDR)
PART 1 TRAINING 2026**

24th - 27th April 2026

Colombo, Sri Lanka

APPLY NOW

www.emdrsrilanka.org

emdr.srilanka@gmail.com
janetnfmm@gmail.com



EMDR Basic Training consists of 2 weekends of classroom training (20 hours of lectures, 20 hours of practice and 30 hours of supervision/consultation) broken into 2 parts. It includes lectures, demonstrations and supervised practice in small groups.

Trainees must present 2 complete cases following each part to receive the certificate of completion. Five case consultation meetings with an approved EMDR consultant after each part of the basic training will be provided to help you fulfil the above requirement.

Language of Instruction: English

Eligibility

Part 1: Psychological Counsellors, Therapists, Psychologists, Psychiatrists and Medical Doctors with an academic and practising background in psychology.

- A) With an undergraduate or Master's degree in Psychology
- B) Minimum 2yrs practice under supervision.
- C) Currently practicing

Part 2: Those who have completed Part 1 training. The candidates should have completed Part 1 and 5 consultation meetings.

The lectures and facilitation will be conducted by a team of EMDRIA approved trainers and facilitators from India and SriLanka.

Trainer in Charge - EMDR Asia:

Dr.Sushma Mehrotra:
Former President EMDR Asia Association
Former President India EMDR Association
EMDRIA Approved Trainer.

Training In-Charge - EMDR Sri Lanka:

Sr. Janet Nethisinghe
e-mail address: janetnfm@gmail.com
contact no. 0714228358 / 0772545870

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What is EMDR ?

EMDR is a form of psychotherapy that was developed to resolve symptoms resulting from disturbed and unresolved life experiences. It uses a structured approach to address past, present, and future aspects of disturbing memories. The approach was developed by Dr. Francine Shapiro to resolve the development of trauma-related disorders as resulting from exposure to a traumatic or distressing event, such as man-made/natural disaster, or childhood trauma. Since Dr. Francine Shapiro introduced EMDR to the clinical community in 1989, the last 25 years have seen a phenomenal research on the effectiveness of this therapy.

Today, EMDR is accepted as a valid method of treatment for PTSD by American Psychological Association and the American Psychiatric Association. It is widely used in USA, Europe and many parts of Asia. EMDR therapy is recommended for children, adolescents and adults with PTSD by World Health Organization (W.H.O.) 2013. EMDR is also used today for a multitude of other mental health conditions beside PTSD.

For more details refer website below.

APPLY NOW

www.emdrsrilanka.org
www.emdria.org/about-emdr-therapy/

emdr.srilanka@gmail.com
janetnfm@gmail.com



Register Now

Please fill the application form given in the form below and send it via email to **emdr.srilanka@gmail.com and copied to janetnfm@gmail.com** on or before the **25th March 2026**.

1. Please attach copies of your tertiary education qualifications in the mental health field which meets the eligibility criteria for this training.
2. Upon receiving your application a **virtual interview** will be called for selected participants. Kindly wait for the confirmation of acceptance of your application via email after the virtual interview. The confirmation letter along with bank details will be emailed to the email address provided in the application form.
3. After confirmation of your acceptance, the **course fee** (inclusive of all training material and case consultation charges) of 75,000LKR (for local candidates) and 500USD (for international candidates) need to be made. Bank details to make the transfer will be sent via email, along with the acceptance letter.
4. Upon completion of the payment please send in the payment receipts for confirmation of your placement in the training.

Mental Health Clinicians who have a Master's degree in one of the following fields must submit their graduate transcript to the Trainers to determine their eligibility: Art Therapy, Christian/Pastoral Counseling, Drug/Alcohol Counseling, and Music Therapy

For further information please contact:

Sr. Janet Nethisinghe

Patron - Sri Lanka EMDR Association

0704241489/ 0772545870 | janetnfm@gmail.com

APPLY NOW

Application Form for EMDR Basic Training Part 1 - 2026

Full Name.....

Date of Birth: DD/MM/YYYY

Profession:.....

Highest educational qualification.....

Counselling/Psychology Qualifications (Please state degree awarding institute, year of completion, attending university/enrolling institution :

.....
.....
.....

Counselling/Psychology Experience (Place of Practice and period/year) :

.....
.....

Counselling/ Psychotherapy Supervision (at least 2 years):

Name of Supervisor :

Contact details of supervisor:

Supervision received from: (date) to (date)

Place of current practice:

Have you been subject to any disciplinary hearing, action or any allegation of ethical breach during your practice? (yes/No)

Have you been subject to any police inquiry or criminal proceeding (Yes/No)

If answered Yes, to any of the two above questions, would you consent to have a confidential discussion with the interview panel? (Yes/No)

Permanent Address (Residence):

.....
.....

Address(work).....

Mobile no:.....

Email address:.....

Application Form for EMDR Basic Training Part 1 - 2026

Email completed form to:

emdr.srilanka@gmail.com cc: janetnfmm@gmail.com
attaching scanned copies of all academic qualifications

Confirmation of your application acceptance will be communicated via email

IMPORTANT:

The acceptance of your application will be based on eligibility criteria and seat availability, which will be determined by the Executive Committee following the virtual interview.

Communications will be preferred by e-mail : emdr.srilanka@gmail.com