



# EMDR THERAPY BASIC TRAINING

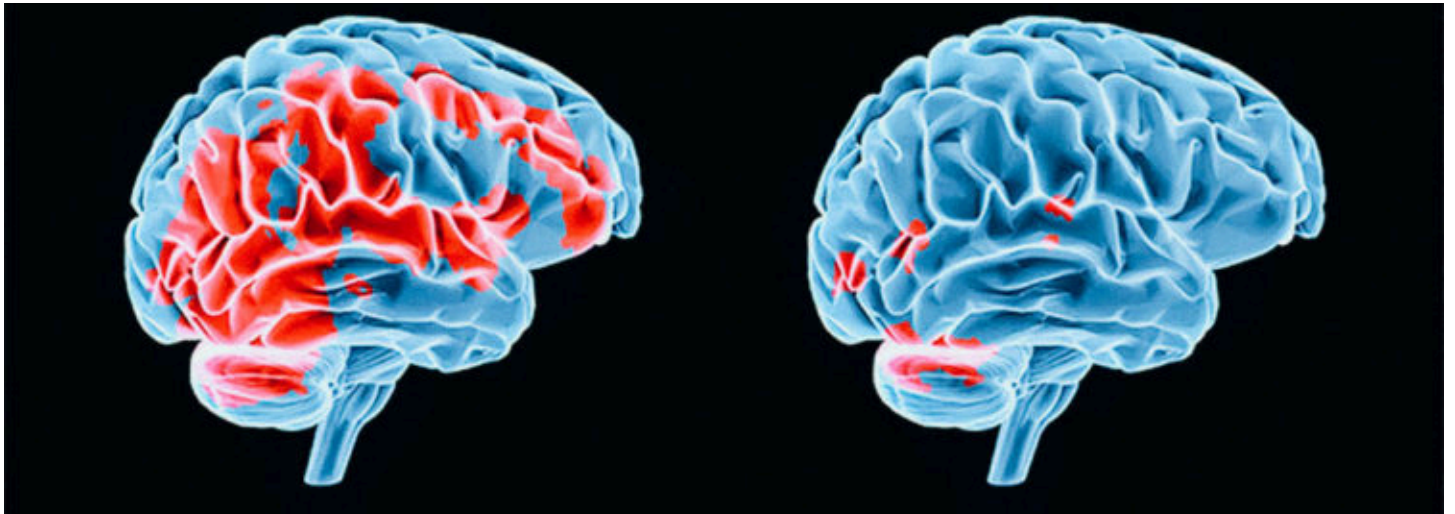
**BEGIN YOUR EMDR THERAPY ADVENTURE, TAILORED FOR CLINICIANS WORKING WITH THE LIFESPAN.**

**PARTICIPANTS WILL EARN 40 CES FOR THE EMDR THERAPY BASIC TRAINING.**



You will get the full EMDRIA-approved EMDR Basic Training, tailored for the lifespan. It includes a wealth of information, case conceptualization, and practical strategies to provide EMDR therapy to clients affected by complex trauma. Plus, you'll have the opportunity to receive consultation hours with expert clinicians.

Trauma that remains unresolved can hinder an individual's ability to form meaningful relationships and reach their full potential. With EMDR therapy, your clients can embark on a journey of healing, creating a safe space for integration and growth.



Brain showing overactivity in red (left) - same brain after EMDR treatment (right)

## Training Overview:

Infinite Learning offers a comprehensive basic training program in EMDR therapy, which includes:

- All ten hours of required consultation
- Four, two-day training weekend sessions
- Spread over a period of three months

Our Basic Training in EMDR is approved by the EMDR International Association. Graduates of our program are eligible to become members of EMDRIA and to pursue EMDRIA Certification. Our training combines adherence to Shapiro's model, and utilizes curriculum licensed from Dr. Andrew Leeds and Sonoma PTI, with the latest developments in neuroscience, interpersonal neurobiology, attachment theory, trauma, complex traumatization, polyvagal theory, and more. We strive to provide a comprehensive and up-to-date understanding of these subjects.

## Pre-licensed and graduate students are eligible to enroll

Infinite Learning offers a discounted rate for pre-licensed clinicians enrolling in our EMDR therapy training. Both pre-grads and graduates can enroll by submitting a letter of support from their clinical supervisor and following the Pre-Licensed Applicant Instructions and Student Eligibility and Discount form on our [training page](#).

## Diversity Statement

This is an equal opportunity training that offers you a supportive and inclusive space to learn. Everyone, no matter their age, gender or nationality can be successful in this course. People like you are joining from all over the world, and we value this diversity. If you face economic barriers to enrolling, please [contact](#) us about a diversity scholarship.



## EMDRIA Approved Basic Training in EMDR – Four Part Training Schedule

### Times

Fridays and Saturdays | 8:30 AM to 5:30 PM AZ TIME

### Instructor

Kelly O'Horo, LPC, EMDRIA Approved Trainer and Consultant

### Next Training – October 2026 Dates:

**October 2 + 3, 2026 | October 23 + 24, 2026 | November 20 + 21, 2026 | December 11 + 12, 2026**

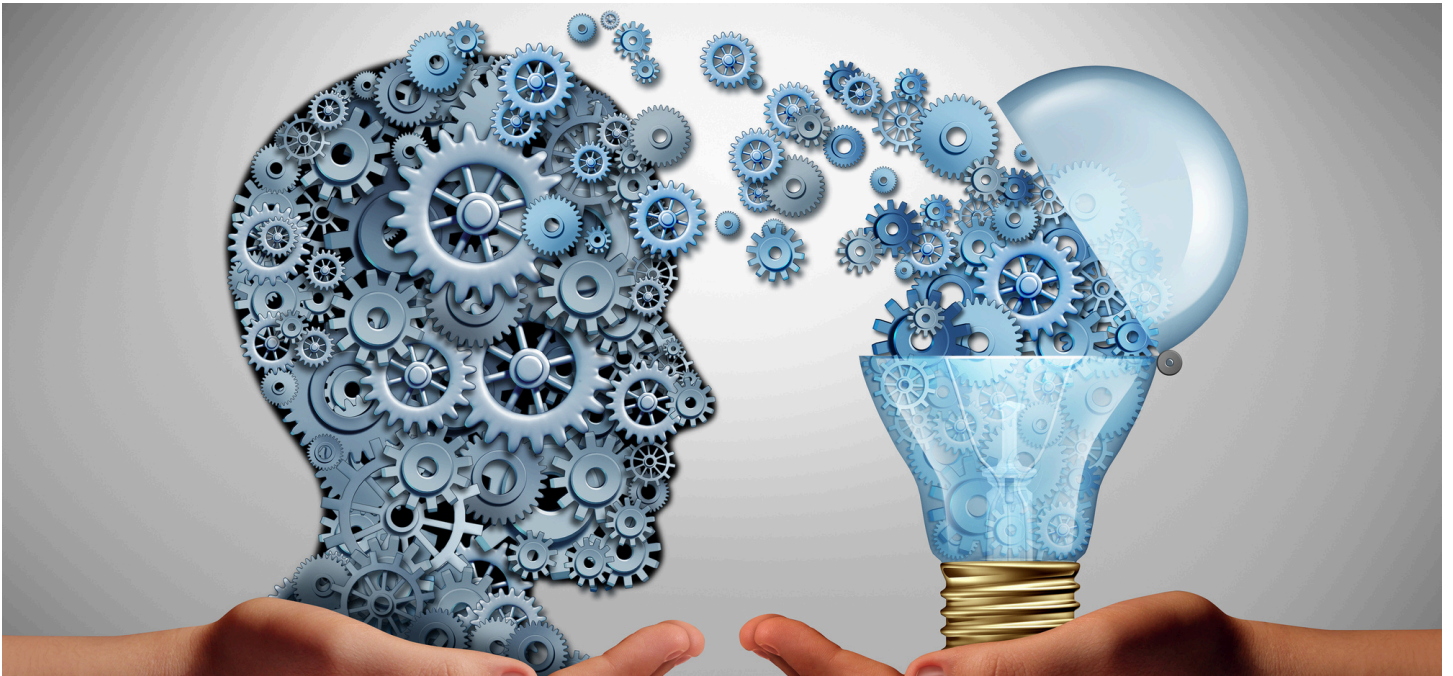
### Activity Overview

The training program consists of four, two-day modules spread over a twelve-week period, with each module being three to four weeks apart. This allows participants ample time to practice their new skills and study the course readings.

The training includes focused periods of lectures, practice, and consultation. Breaks are provided in the morning and afternoon for 15 minutes, while lunch breaks are 75 minutes long.

WEEKEND 1		WEEKEND 2		WEEKEND 3		WEEKEND 4		TOTALS
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	8 Day Total
Lecture 3.75 hours	Lecture 3.75 hours	Consultation 1.5 hours	Consultation 1.5 hours	Consultation 1.5 hours	Consultation 1.5 hours	Consultation 1.5 hours	Consultation 1.5 hours	10.5 hours Consultation
Practice 3.5 hours	Practice 3.5 hours	Lecture 3 hours	Lecture 3 hours	Lecture 3 hours	Lecture 3 hours	Lecture 3 hours	Lecture 2 hours	24.5 hours Lecture
		Practice 2.75 hours	Practice 2.75 hours	Practice 2.75 hours	Practice 2.75 hours	Practice 2.75 hours	Practice 2.25 hours	
		Practice 2.75 hours	Practice 2.75 hours	Practice 2.75 hours	Practice 2.75 hours	Practice 2.75 hours	Consultation 1.5 hours	23 hours Practice

**10.5 Hours Consultation | 25.5 Hours Lecture | 22 Hours Practice**



## Daily Schedule

### **Module 1: Day 1 and Day 2**

Both days - **IN PERSON in Phoenix or VIRTUAL via Microsoft Teams**

Lecture	8:30 AM – 11:00 AM
Practice	11:00 AM – 12:30 PM
Lunch	12:30 PM – 1:45 PM
Lecture	1:45 PM – 3:45 PM
Practice	3:45 PM – 5:30 PM

### **Module 2: Day 3 and Day 4**

Both days - **IN PERSON in Phoenix or VIRTUAL via Microsoft Teams**

Consultation	8:30 AM – 10:00 AM
Lecture	10:15 AM – 12:30 PM
Lunch	12:30 PM – 1:45 PM
Lecture	1:45 PM – 2:30 PM
Practice	2:30 PM – 5:30 PM

### **Module 3: Day 5 and Day 6**

Both days – **IN PERSON in Phoenix or VIRTUAL via Microsoft Teams**

Consultation	8:30 AM – 10:00 AM
Lecture	10:15 AM – 12:30 PM
Lunch	12:30 PM – 1:45 PM
Lecture	1:45 PM – 2:30 PM
Practice	2:30 PM – 5:30 PM

### **Module 4: Day 7 and Day 8**

(Different schedule each day) – **IN PERSON in Phoenix or VIRTUAL via Microsoft Teams**

<b>Day 7</b>	<b>Day 8</b>
Consultation (8:30 AM – 10:00 AM)	Consultation (8:30 AM – 10:00 AM)
Lecture (10:15 AM – 12:30 PM)	Lecture (10:15 AM – 12:15 PM)
Lunch (12:30 PM – 1:45 PM)	Lunch (12:15 PM – 1:30 PM)
Lecture (1:45 PM – 2:30 PM)	Practice (1:30 PM – 3:45 PM)
Practice (2:30 PM – 5:30 PM)	Consultation (4:00 PM – 5:30 PM)

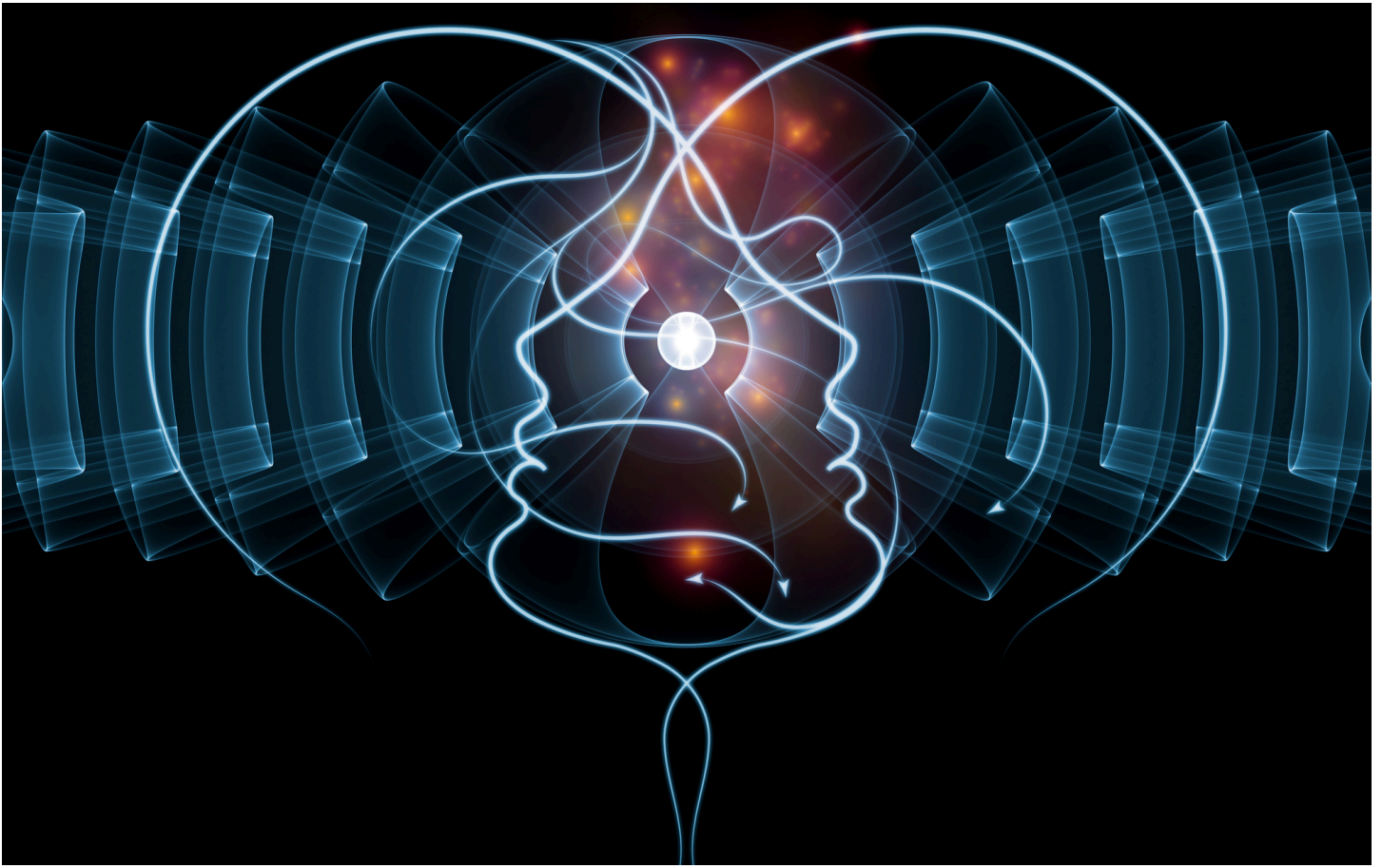
#### **Listed times are Pacific Standard Time**

Check your time zone against Arizona at

[World Clock Meeting Planner](#)

#### **Attendance**

To earn 40 CE credits and receive documentation of completion, you must attend all training days, participate in supervised practice exercises and group consultation sessions, and complete evaluation forms. Arriving more than 15 minutes late or leaving early will result in ineligibility for CE credits. If you withdraw after partially completing the training, read the Transfer Agreement on the [training page](#) to understand your options.



## Learning Objectives

- Participants will learn about the key principles of the Adaptive Information Processing Model and the elements of Shapiro's (2018) and Leeds's (2016) models of maladaptive memory networks.
- Participants will be able to determine if clients meet the standardized criteria for readiness for EMDR reprocessing or if they require extended preparation.
- Participants will use standardized assessment tools or structured interviews to screen all potential clients for dissociative disorders before using any bilateral stimulation procedures.
- Participants will learn how to develop a framework for case conceptualization and organize and implement a planned sequence of targets for EMDR reprocessing.
- Participants will understand the purpose of each step in the Assessment Phase (Three) and the Reprocessing Phases (Four, Five, and Six) of the standard EMDR procedural steps and carry them out with adequate fidelity.
- Participants will be able to provide effective stabilization and manualized EMDR therapy to individuals suffering from civilian and combat PTSD, panic attacks, and specific phobias of traumatic origin.
- Participants will learn when to offer an interweave selected from the themes of Responsibility, Safety, and Choice, and when to "stay out of the way."

## Eligibility

### **Licensed**

To be accepted for the Infinite Learning basic training in EMDR therapy program, you must be licensed for independent practice as a mental health clinician or meet alternate EMDR International Association eligibility criteria.

### **Pre-licensed**

Graduate students, post-graduate pre-licensed clinicians, and non-licensed clinicians must submit additional documentation with their application. See the "Non-Licensed Applicant Instructions" on the [training page](#).

## Investment

### **October 2026 Basic Training in EMDR Therapy**

Save with early registration submitted in full and accepted by September 30, 2026. Guarantee your place!

- Register early to secure the best rate.
- Enrollment is limited.
- Choose your preferred payment method.

**You can register via [Eventbrite](#) or to avoid 2.15% fees, you can pay by check to Infinite Learning, or by Zelle at [payments@infinitelearning.love](mailto:payments@infinitelearning.love).**

**Send payments to Infinite Learning, 2563 S. Val Vista Dr. Suite 108, Gilbert, AZ 85295.**

Non-profit & Student fee	\$1,615
Early Rate	\$1,675
Regular Rate	\$1,775
Late Rate	\$1,875
Refresher	\$999

## Special needs

The training facility is in compliance with the Americans with Disabilities Act. If you are disabled or have special needs, you must inform Infinite Learning at the time you submit your application so that we can review and discuss any needs for accommodations.

## Reviewer's Track Discount

- Are you already trained in EMDR?
- Do you want to review the training to strengthen your understanding and skills?

Take the entire Infinite Learning Basic Training didactic portion at the student rate and earn 10 EMDRIA credits.

This offer is open only to licensed mental health professionals who meet eligibility criteria and who provide documentation of having completed any EMDRIA Approved Basic Training in EMDR.

## How to Register

To register for the training, visit the [training page](#) and email us your supporting documentation. Please allow three business days for review and you'll be notified of acceptance, including suggested reading and study materials. You'll gain access to our learning management system, EMDR manual, and other resources to enhance your learning experience. If you need assistance, feel free to contact us at [info@infinitelearning.love](mailto:info@infinitelearning.love) or [\(480\)448-1076](tel:(480)448-1076).

## Cancellation Policy

If you cancel within 48 hours of registration, you'll receive a full refund. Otherwise, a \$100 USD processing fee applies. Cancellations within 15 days of training are non-refundable, but the fee can be transferred to a future training, minus the processing fee. Once training begins, no refunds or transfers are granted, except in extenuating circumstances. We may cancel the training, in which case fees will be refunded or forwarded to a future training.

**CEs PROVIDED BY CE-CLASSES ([ce-classes.com](http://ce-classes.com)) No partial credits are granted. This training must be taken in its entirety.**



# About the Trainer

Kelly O'Horo, LPC, EMDRIA Approved Basic Trainer and Consultant, Certified Daring Way Facilitator, Founder of Infinite Healing and Wellness, and Host of Podcast: Adaptable | Behavior Explained.



**Kelly O'Horo, LPC**, has been a therapist since 2010 and fell in love with EMDR therapy as a client first! She is passionate about being a trauma therapist as she has a lot of personal experience with trauma. She is a mother of 5 (four Veterans) and married to a wonderful survivor of C-PTSD, who is now also a counselor. They have 5 grandkids and, as the matriarch of the family, with an enneagram of 2, she is a natural helper and healer.

Kelly believes the therapy office is the classroom for the “life stuff” our clients weren’t taught before, about emotions, coping skills, and developmentally appropriate responses for today. Formerly a public-school educator of 15 years, she enjoys helping clinicians to develop into becoming their best EMDR therapist through the consultation process. Kelly specializes in attachment and implicit trauma and dissociation throughout the lifespan. “The difference between an EMDR therapist that is a carpenter as opposed to a craftsman is rooted in exquisite attunement, excellent consultation, and trust in the process.”

To learn more about Kelly you can visit her website at [www.kellyohoro.com](http://www.kellyohoro.com)

To hear more of Kelly’s speaking style: [Adaptable](#) | [Behavior Explained](#)

[Kelly O'Horo University of Phoenix Keynote Speech](#) | [Kelly O'Horo Commencement Speech](#)