



What is EMDR Therapy?

Eye Movement Desensitization and Reprocessing (EMDR) Therapy is an extensively researched, effective psychotherapy method proven to help people recover from trauma and PTSD symptoms.

Who Can Benefit from EMDR Therapy?

EMDR Therapy helps children and adults of all ages. Therapists can use EMDR to address a wide range of presenting problems from PTSD, anxiety, depression, substance use disorders, personality disorders, grief and PTSD.

How Does EMDR Therapy Affect the Brain?

EMDR Therapy helps the brain process stressful or traumatic memories and allows normal healing to resume. The experience is still remembered, but the fight, flight, or freeze response from the original event is resolved.

Can EMDR Therapy Be Done Without a Trained EMDR Therapist?

EMDR Therapy is a mental health intervention. As such, it should only be offered by properly trained and licensed mental health clinicians.

TSTI's Basic Training Registration Includes:



10 hours of consultation
required to be considered EMDR
Trained (no additional cost).

Two 3-day virtual trainings



**Opportunity to stay with the same consultant
and peers for all 10 hours of the consultation**
so you get a focused, in depth consultation from your
consultant and a chance to learn with peers.

**An opportunity to build relationships
with like-minded peers**



EMDRIA approved for
51.5 CE. Visit our website
for all CE approvals.

Customer Testimonials



“Jamie is an excellent facilitator. I appreciate her thorough knowledge of EMDR and down-to-earth approach.”

- Noel Torralba
MSW, LSW



“Katie's awesome! I ran into a difficult situation with a client and she took time to meet with me separately and provided me with a ton of information that was incredibly helpful. She's great!”

- Sydney Gideon
LCSW, Founder of SG Therapy Group