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# Basic EMDR Therapy Training Course 2026-2027



**3 Levels of  
5-Day Workshops, Consultation  
& Field Practicum**

**This Training is for Licensed Psychologists & Psychiatrists**

**Participation is in-person**

**Instruction Language is Arabic**

**Manuals & worksheets are in English & Arabic.**

*Duration of the Training is 20 months*

**Trainer: Lina F. Ibrahim**

*EMDR Lebanon EMDR Trainer & Consultant*

**Date of Level 1 Workshop: April 29 till May 3, 2026**

**Time: 8:30am – 5:00pm**

*including lunch & coffee breaks*

**Location: EMDR Lebanon Office** *(Ras El-Nabeh region, Beirut)*

## What is EMDR Therapy?

EMDR, *Eye Movement Desensitization and Reprocessing*, is a comprehensive psychotherapy approach that controlled research studies have proven its effectiveness for Post-Traumatic Stress Disorder. It is also effective in treating anxiety and other psychological disorders that developed after disturbing life experiences. EMDR therapy, developed by Francine Shapiro, is based on the model of Adaptive Information Processing (AIP) that posits that much of psychopathology is due to the maladaptive encoding of and/or incomplete processing of traumatic life experiences. This impairs the person's ability to integrate these experiences in an adaptive manner. EMDR therapy facilitates the accessing and processing of traumatic memories to bring them to an adaptive resolution.

## Program Description:

*This Basic EMDR Therapy Training Course is composed of 3 Levels: 3 workshops (5 days each) and a minimum of 30 hours of group consultation & 15 hours of individual consultation. It also includes a field application where each participant is expected to provide a minimum of 60 EMDR therapy sessions for a minimum of 15 beneficiaries throughout the training. A 6-month duration after each workshop is given for field application. Upon the completion of the Basic EMDR Therapy Training course, a "Certificate of Completion" will be granted to the participant.*

*N.B. Full Attendance is a must. It is important to note that the "Certificate of Completion" will NOT be issued for those who miss any of the sessions.*

## Dates of Program:

- Level 1:** → 5-day workshop Part 1 – April 29 to May 3, 2026  
→ Summary & Guidelines Part 1 – June 14, 2026  
→ Consultation Groups during the Months of July & October 2026  
→ Field practicum & individual consultation – May till October 2026
- Level 2:** → 5-day workshop Part 2 – November 11 to 15, 2026  
→ Summary & Guidelines Part 2 – December 13, 2026  
→ Consultation Groups during the months of January & April 2027  
→ Field practicum & individual consultation – November 2026 till April 2027
- Level 3:** → 5-day workshop Part 3 – May 26 to 30, 2027  
→ Summary & Guidelines Part 3 – June 27, 2027  
→ Consultation Groups during the months of July & October 2027.  
→ Field practicum & individual consultation – June till November 2027

*N.B. The dates are subject to change depending on any major risk that can occur in Lebanon.*

### In summary, the training includes:

- ★ Workshops (Instruction & Practice) = 108 hrs.
- ★ Consultation/Supervision = 45 hrs.
- ★ Total EMDR Therapy sessions = 60 hrs.

**Total hours of training in 20 months' duration = 213 hrs.**

- ★ Total Beneficiaries = 15 persons

## Biosketch of EMDR Trainer:

**Lina Ibrahim, MA**, is a licensed Educational Psychologist who received her degree from the American University of Beirut. She has a private practice and has more than 30 years of experience in psychoeducational testing and in the treatment of children & adolescents with learning, intellectual, behavioral, social, & emotional problems.



She is a certified EMDR therapist and has been using EMDR therapy with children, adolescents, and adults for more than 17 years. She is a co-founder of EMDR Lebanon Association and has been its president for many years. She is also an approved EMDR consultant working with therapists trained in EMDR to improve their therapy skills. She is also an EMDR Lebanon EMDR trainer.

Ms. Ibrahim was also a former part-time psychology instructor at the Lebanese American University and the American University of Beirut.

## Team of Facilitators & Consultants:

A team of Lebanese EMDR consultants will be available to guide, support, and provide consultation sessions for the participants through the whole training course.

## Eligibility Requirements for Participation:

- 1) The applicant should have a **Master's degree or higher in psychology or psychiatry.**
- 2) The applicant should have a **minimum of 2 years' experience working as a practitioner after the Master's degree.**
- 3) The applicant should have a **license** from the Lebanese Ministry of Public Health to practice as a psychologist or a psychiatrist.
- 4) The applicant should be **currently working as a practitioner.**
- 5) The applicant should be interviewed & approved **by the Standards Committee.**

## Registration Requirements:

1. Fill application through WORD and send it with all below documents to [training@emdrlebanon.org](mailto:training@emdrlebanon.org)
  - (1) ***Application*** (download from Website [www.emdrlebanon.org](http://www.emdrlebanon.org)).
  - (2) ***Curriculum Vitae*** CV
  - (3) Scanned copies of ***Identity Card & Passport***
  - (4) Scanned copy of the ***highest university degree***.
  - (5) Scanned copy of your ***"license to practice"*** from the Lebanese Ministry of Public Health.
  - (6) Scanned copy of a ***letter of reference or recommendation*** that proves that you have a minimum of 2 years of experience as a practitioner after the Master's degree.
  - (7) If you are working in an organization/institution, you need to get a ***letter of employment or commitment*** stating that you work as a practitioner in this organization.

*N.B. Kindly use copies scanned by a scanner & not by phone camera.*

2. An **interview** date will be set for the applicant who satisfies the eligibility requirements.
3. Upon the **approval** of the Standards Committee of EMDR Lebanon Association, the applicant will **receive how to proceed with the payment**.
4. Spaces are limited to 20 participants.
5. **The tuition fee for the whole training course is 5000 USD.**
  - The applicant will pay a registration fee of \$300 (*which is non-refundable*).
  - The applicant should pay 1<sup>st</sup> payment of \$2000 before Workshop Part 1 (*90% of this amount is refundable if participant drops out before Workshop Part 1*).
  - The applicant should pay 2<sup>nd</sup> payment of \$1800 before Workshop Part 2 (*50% of this amount is refundable if participant drops out before Workshop Part 2*).
  - The applicant should pay 3<sup>rd</sup> payment of \$900 after 2 months from Workshop Part 2 (*50% of this amount is refundable if participant drops out 1 month before Workshop Part 3*).
6. *Note: Payment of tuition fee does not guarantee reception of the “Certificate of Completion” at the end of the training course, **only hard work and good achievement does that.***

## **Contacts:**

For more information, please send an email to: [training@emdrlebanon.org](mailto:training@emdrlebanon.org) or call:  
Ms. Mona Abdallah - Project coordinator +961 76 754125