



## **EMDR ENGLISH COURSE LEVEL 1**

EMDR is an Integrative Method of Psychotherapy that has proven its effectiveness in therapy for a variety of emotional and somatic complaints, including PTSD, anxiety, depression, and panic disorders.

EMDR has been endorsed by international health organizations for its effectiveness in providing relief and resolving unprocessed traumatic memories.

The Basic EMDR Course includes two parts and is open only to certified professionals in the field of mental health, with a master's degree.

Both parts of the course are made up of lectures, demonstrations, videos, and practicums in small groups, in which every participant will act as the therapist, as well as the client.

The first part of the course is designed to provide information and practical tools that will enable therapists to begin integrating EMDR therapy into their clinical practice.

The training consists of four days led by Dr. Udi Oren:

**Dr. Udi Oren**, a clinical and medical psychologist, was trained personally by Dr. Francine Shapiro and is accredited as a senior trainer by the European EMDR Association.

**The Instructors** are accredited by the European EMDR Association.

### **One day perinatal training summary**

Day Five focuses on the application of EMDR in perinatal mental health. This intensive one-day training offers EMDR-trained clinicians a focused immersion into the intersection of perinatal mental health and EMDR therapy. Drawing from developmental, trauma-informed, and relationship-centered perspectives, the course explores the nuanced applications of EMDR across the reproductive spectrum, from infertility and pregnancy loss to NICU hospitalization, birth trauma, and postpartum distress. Clinicians will deepen their understanding of perinatal trauma and the unique developmental challenges of the perinatal period, with an emphasis on assessment, preparation, and reprocessing adaptations to meet the needs of birthing people and their families. Through didactic teaching, clinical examples, and reflective integration, participants will gain tools to confidently and compassionately apply EMDR within this sensitive and complex clinical landscape.

Day Five will be led by **Dr. Mara Tesler Stein**, a clinical psychologist, EMDRIA-Approved Consultant and Trainer, and founder of The Touchstone Institute for Perinatal Training. Her work integrates EMDR with trauma-focused perinatal care, grounded in clinical expertise and lived experience.

#### **Dates (face-to-face):**

12.1.26 9:00 am – 6:00 pm

13.1.26 9:00 am – 6:00 pm

18.1.26 9:00 am – 6:00 pm

8.2.26 9:00 am – 6:00 pm

9.2.26 9:00 am – 6:00 pm

#### **4 supervision sessions from 9:00 am to 12:00 pm on Zoom:**

23.2.26 9:00 am – 12:00 pm

16.3.26 9:00 am – 12:00 pm

30.3.26 9:00 am – 12:00 pm

20.4.26 9:00 am – 12:00 pm

#### **Registration Options:**

1. First 4 days only – under the guidance of Dr. Udi Oren. Price: 3850 ILS (VAT included)
2. All 5 days – Price: 4250 LIS (VAT included)
3. Fifth day only – Price: 550 ILS (VAT included)

**The training will be conducted in Jerusalem.** For details and registration, please contact: [Orit@emdr.co.il](mailto:Orit@emdr.co.il)