

EMDR Basic Training
Colorado Department of Regulatory Agencies (DORA)
Continuing Education Requirements

EMDR Basic Training consists of:

Level I

- 14 hours class (lecture, discussion, demos, case consultation)
- 6 hours group practicum (in dyads or triads)

Level II

- 14 hours class (lecture, discussion, demos, case consultation)
- 6 hours group practicum (in dyads or triads)

Consultation with an EMDRIA approved consultant

- 10 hours

DORA allows only 20 hours in any category.

The entire EMDR Basic Training fulfills DORA requirement in the following categories:

20 hours Coursework

10 hours Group Learning

10 hours Supervision