

## WHAT IS THE EMDR INTERNATIONAL ASSOCIATION?

The EMDR International Association (EMDRIA) is a membership organization of mental health professionals dedicated to the highest standards of excellence and integrity in EMDR. To that end, the Association distributes brochures, publishes newsletters, publishes a peer-reviewed Journal (Journal of EMDR Practice and Research), holds an annual conference, sets basic EMDR training standards, evaluates continuing education programs, and maintains programs and listings of EMDRIA Certified Therapists, Approved Consultants, and Providers of Basic EMDR Training.

EMDRIA is the ongoing support system for EMDR trained practitioners and provides opportunities for the continued development of EMDR in a professional manner. Through EMDRIA, practitioners have access to the latest clinical information and research data on EMDR.

EMDRIA  
5806 Mesa Drive  
Suite 360  
Austin, TX 78731  
Tel: (512) 451-5200  
Fax: (512) 451-5256  
Email: [info@emdria.org](mailto:info@emdria.org)  
Website: [www.emdria.org](http://www.emdria.org)

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## WHAT IS EMDR?



Eye Movement Desensitization and Reprocessing (EMDR) is a powerful method of psychotherapy that has helped an estimated two million people of all ages relieve many types of psychological distress.

