Therapy & Training

EMDR THERAPY

Accredited by EMDR EUROPE
BASIC TRAINING

ENGLISH-LANGUAGE TRAINING PROGRAMME

JANUARY 2027- APRIL 2027

9 TRAINING DAYS 72 HOURS	HYBRID FORMAT Online + Live in Athens	MINIMUM GROUP 12 eligible participants

The English-language training group will be offered provided that a minimum of 12 eligible participants is reached.

A structured training programme combining theoretical teaching, experiential learning, practical exercises and supervised practice in EMDR therapy.

Important: Participation is subject to eligibility review and submission of the required professional and academic documentation.

TACT HELLAS – Therapy & Training
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THE TRAINING

About EMDR Therapy

EMDR (Eye Movement Desensitization and Reprocessing) is an evidence-based psychotherapy widely used for the processing of traumatic experiences and distressing memories. It is based on the brain's natural capacity to process and store experiences adaptively, using bilateral sensory stimulation such as eye movements, sounds or tactile stimulation.

The training is organised into two parts and totals 9 training days / 72 hours, combining theoretical teaching, experiential learning, practical exercises and supervised practice.

What the training includes

Theoretical teaching Core concepts and clinical framework of EMDR therapy.
Experiential learning Direct experience of EMDR-related procedures and interventions.
Practical exercises Opportunities to practise key elements of the EMDR protocol.
Supervised practice Clinical practice supported through supervision during the training process.

Training structure

Part A — Days 1–4

Part B — Days 5–9

The programme includes supervision at the completion of each part. The programme documentation specifies 5 hours of supervision at the end of Part A and 5 hours at the end of Part B.

Certification & next steps

Following completion of the Basic Training, participants receive a Certificate of Training in EMDR Therapy. Participants may then continue toward EMDR Europe Practitioner Accreditation after fulfilling the required clinical cases and supervision hours established by EMDR Europe and EMDR Hellas.

The programme is EMDR Europe accredited, and the trainer and consultants are EMDR Europe Accredited professionals.

DATES & FORMAT

Training Schedule

DAY	DATE	FORMAT
Day 1	Friday, January 15, 2027	Online
Day 2	Saturday, January 16, 2027	Online
Day 3	Friday, February 12, 2027	Online
Day 4	Saturday, February 13, 2027	Online
Day 5	Friday, March 5, 2027	Online
Day 6	Saturday, March 6, 2027	Online
Day 7	Friday, April 2, 2027	Live in Athens
Day 8	Saturday, April 3, 2027	Live in Athens
Day 9	Saturday, April 4, 2027	Live in Athens

Format at a glance

Days 1–6: Online training sessions (9:00 am-17:00 pm)
Days 7–9: Live training in Athens (9:00 am-15:00 pm)

Participants should plan to attend all nine training days and take part in the practical and experiential components of the programme.

Please note that the English-language group will proceed only if a minimum of 12 eligible participants is reached.

Training's cost: The total cost of the training is €1,100, with the option to pay in instalments from the beginning until the completion of the training.

For Early Bird registrations by 18 December 2026, the total fee is €1,000.

ELIGIBILITY • TRAINERS • REGISTRATION

Eligibility Requirements

Participation is intended for mental health professionals with an appropriate academic and professional background. All the necessary eligibility criteria must be met simultaneously.

Professional licence License to practice in Greece for Mental Health Professionals (Psychologist, Psychiatrist or Social Worker) and psychotherapeutic training during their Master's program or subsequently.
Relevant academic background Applicants should hold a degree in a relevant mental health field with ongoing or completed psychotherapeutic training.
Master's degree A relevant Master's degree may be considered in specific cases, subject to eligibility review.
Documentation Applicants must provide official documentation supporting their academic and professional qualifications (CV, Recommendation letters from supervisors etc.)

Important: A professional licence is normally required. Eligibility will be assessed individually based on the applicant's qualifications and supporting documentation.

Training Team

Penny Papanikolopoulou
EMDR Europe Senior Accredited Trainer,
Consultant & Practitioner

Tessa Prattos
EMDR Europe Accredited Consultant & Practitioner

Registration Process

Step 1 — Application
Complete the registration form and submit the required supporting documents.

Step 2 — Eligibility Review
TACT HELLAS reviews the application and confirms eligibility.

Step 3 — Confirmation & Payment
Following approval, the deposit and remaining payment arrangements are confirmed.

CONTACT FOR INFORMATION

TACT HELLAS – Therapy & Training
Website: www.tacthellas.org
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