



EMDR FOR THE ANCESTORS:

DIASPORIC HEALING, RESISTANCE,
AND RECLAMATION

Hosted in Jamaica

Basic & Advanced Trainings
January - February 2026



TABLE OF CONTENTS

Program Summary

Basic Training

Basic Training - Audit Option

Advanced Training

Continuing Education

About Jacqui Johnson

About Global Academics

2

3

5

6

8

9

10



PROGRAM SUMMARY

This is a cultural immersion tour of Jamaica combined with the required hours of training to complete the EMDRIA-approved Basic EMDR Training and/or EMDRIA-approved Advanced Training.

This training—whether Basic, Advanced, or Audit—is for Black therapists and healing professionals of the African Diaspora. It is designed with and for us, holding space for our brilliance, our grief, our resistance, and our joy.

Basic Training content fulfills EMDRIA requirements for full EMDR Basic Training.

Basic Training | January 14-16, 2026 & February 15-21, 2026

*Part 1 will be live online sessions. Part 2 will be **on-site in Jamaica**. There is an option to audit the Basic Training.**

Advanced Training | February 21-25, 2026

On-site in Jamaica. This training can be done as a standalone course or added on to the Basic Training.

***Audit Option**

There is an option to audit the Basic Training course for previously trained Black EMDR Therapists.

Continuing Education Hours

Available for each training option. See page 8 for more info.



**This is an Affinity Space
and welcomes people of
direct Black African
descent.**

*(African American/Black, Afro-Caribbean/Afro
Latin American, continental African)*



BASIC EMDR TRAINING

LOGISTICS & ITINERARY



Overview

This is a cultural immersion tour of Jamaica combined with the required hours of training to complete the EMDRIA-approved Basic EMDR Training. This training is for Black therapists and healing professionals of the African Diaspora. It is designed with and for us, holding space for our brilliance, our grief, our resistance, and our joy.

Basic Training is open to:

- Black therapists who need to complete EMDR training
- Black therapists already trained in EMDR who are continuing their education (more info on page 8)

Space is limited to preserve intimacy and depth.

Dates

Jan
14-16



Part 1: Online Foundations, virtual sessions

We begin online with a strong foundation in the 8 phases of EMDR therapy. Through a culturally responsive and trauma-attuned lens, you will learn:

- The EMDR Standard Protocol and how to adapt it for safety and accessibility
- Culturally rooted case conceptualization
- Somatic tools and resourcing for clients and for ourselves
- How to approach trauma, grief, and joy in a way that reflects the realities of our communities
- Complete 10 hours of group consultations

Dates

Feb
15-21



Part 2: In-Person Itinerary in Jamaica

We will complete our journey together in Jamaica, deepening our learning through land, story, and presence. This portion includes:

Sunday 02/15 - Arrival in Jamaica

- Group arrives to Kingston Norman Manley Airport (KIN)
- The group will stay at the Pegasus Hotel located in New Kingston
- EMDR Training
- Hosted Welcome Dinner

Monday 02/16 - Kingston

- Visit to Emancipation Park a park built to honor the end of slavery in Jamaica
- Visit with Psychology faculty at the University of the West Indies (UWI) for a discussion on healing approaches and training of professionals
- Guided visit to Bob Marley's home and museum with viewing of brief film about his life
- EMDR Training

Continued on next page...

Tuesday 02/17 - Kingston

- EMDR Training
- Meet with community organizer and Director of Peace Management Initiative, Erica Allen to learn about youth violence, truth, and reconciliation in Jamaica
- Discussion with JCADV (Jamaica Coalition Against Domestic Violence) the organization that helped establish the first confidential shelter for survivors of domestic violence
- Visit to Marcus Garvey's Jamaican headquarters, Liberty Hall to learn more about this Jamaican National Hero and Pan African Liberator
- Drive to Portland Parish and check-in to the Goblin Hill Villas at San San

Wednesday 02/18 - San San

- This day will be focused entirely on EMDR training

Thursday 02/19 - Maroon Heritage Day

- Depart to Charlestown Maroon Community to learn about the history and culture of the Maroons. Our day will include African drum and dance, a hosted local lunch, and visiting with the community. Bring your swimsuit if you want to relax in the river.
- EMDR Training

Friday 02/20 - San San

- Beach Day! We will visit one of Jamaica's most beautiful beaches to swim, sun, and relax
- EMDR Training

Saturday 02/21 - Return to the U.S.

- Return to the Kingston Airport to return to the U.S. or continue to the advanced training session.

Training Cost



Basic EMDR Training Cost Per Person*

\$4,200

What's Included:

- All EMDR training hours, transportation in Jamaica, accommodations, all meals, cultural learning activities.
- Double-occupancy room. Add \$750 pp for single occupancy.

What's NOT Included:

- Flight to and from Jamaica

Payment Plan

1. \$500 non-refundable deposit to secure your space. The deposit is applied to the total cost.
2. All deposits due September 15, 2025. Participants can pay overtime.
3. Total amount due December 15, 2025.

Financing

Need a flexible way to pay? We offer 12-month, 0% financing through Affirm (credit approval required). Reach out to us at admin@SankofaHealing Studio.org to learn more.

* *Discount offered for those who do the Basic and Advanced Trainings together and are NABC members and/or BTR members. Email us for information.*



BASIC EMDR TRAINING

AUDIT OPTION

For Black therapists previously trained in Basic EMDR



Overview

Therapists who have already completed an EMDRIA-approved Basic Training (50 hours) may audit the lecture components of this offering.

This is a chance to:

- Refresh your understanding of EMDR
- Experience foundational learning through a culturally affirming and justice-oriented lens
- Reconnect with a healing-centered community of practice

Audit Participation Includes:

- Access to lecture sessions (online and/or in-person)
- Time for rest, integration, or exploration during practicum sessions
- No participation in practicum or consultation, in accordance with EMDRIA policy
- **No EMDRIA CEs awarded for auditing**
 - This offering is intended as a refresher only and does not meet EMDRIA's requirements for Certification CE hours. *For those seeking to complete the advanced EMDRIA CE hours required for EMDRIA Certification, please consider joining our Advanced Training.*
- Continuing education hours for Black therapists (More info on page 8)

Audit Cost



Audit Cost Per Person

\$3,500

What's Included:

- All EMDR training hours, transportation in Jamaica, accommodations, all meals, cultural learning activities.
- Double-occupancy room. Add \$750 pp for single occupancy.

What's NOT Included:

- Flight to and from Jamaica

Payment Plan

1. \$500 non-refundable deposit to secure your space. The deposit is applied to the total cost.
2. All deposits due September 15, 2025. Participants can pay overtime.
3. Total amount due December 15, 2025.

Financing

Need a flexible way to pay? We offer 12-month, 0% financing through Affirm (credit approval required). Reach out to us at admin@SankofaHealing Studio.org to learn more.



ADVANCED EMDR TRAINING: LIBERATION, LEGACY, AND RECLAMATION

LOGISTICS & ITINERARY



Overview

This offering can be joined as a standalone advanced training OR added on by participants completing the Basic Training. This immersive experience is for Black EMDR therapists who are ready to go deeper—clinically, somatically, and spiritually.

Participants will receive 16 EMDRIA CE hours of advanced EMDR education, meeting EMDRIA Certification requirements. This training includes both didactic instruction and experiential components related to advanced applications of EMDR with a focus on healing racialized trauma.

Together, we will explore:

- Liberatory adaptations of EMDR
- Interweaves rooted in ancestral, cultural, and collective healing
- Racism-based trauma, identity repair, and joy-centered processing
- Complex trauma through the lens of legacy, resistance, and restoration

Advanced Training is open to:

- Black therapists who completed the EMDR for the Ancestors Basic Training
- Black therapists already trained in EMDR who wish to join the advanced portion only
 - This training offers 16 EMDRIA-approved advanced EMDRIA CE hours. Participants must attend all instructional sessions in full and complete a course evaluation to receive credit. CE certificates will be issued by Sankofa Healing Studio, an EMDRIA-approved Credit Provider #21009.
- Black therapists already trained in EMDR who are continuing their education (more info on page 8)

Space is limited to preserve intimacy and depth.

In-Person Itinerary in Kingston, Jamaica

Saturday 02/21 - Kingston

- Group arrives to Kingston Norman Manley Airport (KIN)
- The group will stay at the [Pegasus Hotel](#) located in New Kingston
- EMDR Training
- Hosted Welcome Dinner

Sunday 02/22 - Kingston

- Visit to [Emancipation Park](#) a park built in honor of the end of slavery in Jamaica
- Guided visit to [Bob Marley's home and museum](#) with viewing of brief film about his life
- Meet with community organizer and Director of [Peace Management Initiative](#), Erica Allen to learn about youth violence, truth, and reconciliation in Jamaica
- Visit to Marcus Garvey's Jamaican headquarters, [Liberty Hall](#) to learn more about this Jamaican National Hero and Pan African Liberator
- Drive to Portland Parish and check-in to the [Goblin Hill Villas at San San](#)

Continued on next page...

Dates

Feb
21-25



Training Costs



Monday 02/23 - San San

- This day will be focused entirely on EMDR training

Tuesday 02/24 - San San

- Beach day! We will visit one of Jamaica's most beautiful beaches to swim, sun, and relax
- Afternoon visit to Charlestown Maroon Community to learn about the history and culture of the Maroons. This visit will include African drum and dance, a museum tour, and visiting with the community

Wednesday 02/25 - Kingston

- Return to the Kingston Airport to return to the U.S.

Advanced EMDR Training Cost Per Person*

\$3,000

What's Included:

- All EMDR training hours, transportation in Jamaica, accommodations, all meals, cultural learning activities.
- Double-occupancy room. Add \$750 pp for single occupancy.

What's NOT Included:

- Flight to and from Jamaica

Payment Plan

1. \$500 non-refundable deposit to secure your space. The deposit is applied to the total cost.
2. All deposits due September 15, 2025. Participants can pay overtime.
3. Total amount due December 15, 2025.

Financing

Need a flexible way to pay? We offer 12-month, 0% financing through Affirm (credit approval required). Reach out to us at admin@SankofaHealingStudio.org to learn more.

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CONTINUING EDUCATION

INFORMATION FOR PARTICIPANTS SEEKING CONTINUING EDUCATION HOURS

Overview

All three training program options - Basic, Audit, and Advanced - may be used towards continuing education hours. All CE hours are included in the course tuition. There are no additional fees for receiving CE credit hours.

Please check with your state or licensing board to confirm acceptance of general CE hours.

Continuing Education Hours

- **Basic Training**
 - Up to 40 General Continuing Education Hours – available for licensed mental health professionals, including LPCs, LCSWs, LMFTs, Psychologists, and others
- **Audit Option for Basic Training**
 - Up to 20 General Continuing Education Hours – available for licensed mental health professionals, including LPCs, LCSWs, LMFTs, Psychologists, and others
- **Advanced Training**
 - Up to 16 EMDRIA Advanced Credit Hours – applicable toward EMDRIA certification and advanced continuing education requirements.
 - Up to 16 General Continuing Education Hours



JACQUI JOHNSON

LPC, ATR-BC, CCMHC, BC-TMH, PMH-C, RYT

This Training is Led by Jacqui Johnson, LPC & Clinical Director of Sankofa Healing Studio Jacqui has successfully trained over 1,000 therapists in EMDR.

As an educator, Jacqui's influence extends far beyond the therapy room. She lectures widely, provides supervision and consultation, and leads international initiatives that increase training accessibility for Therapists of Color. Her expertise in trauma-responsive care and gender considerations informs her work, confronting the complex intersections of adverse childhood experiences, race, community violence, and the justice system.





GLOBAL ACADEMICS

DR. SIRI BROWN, PH.D., CEO AND FOUNDER

Global Academics is owned and operated by Dr. Siri Brown, a long-time educator in the Bay Area. Dr. Siri Brown is a two-time Fulbright scholar for abroad projects in both Brazil (2012) and South Africa (2019). The mission of Global Academics is to provide the most in-depth cultural immersion tour related services to fulfill your organizations objectives in adding Black World travel to your community work. The most unique aspect of our service is that we have years of experience in the countries and local communities you will visit. This depth of experience has resulted in relationships with internationally known Black artists, academics, intellectuals, and community leaders who you will meet, learn from, and enjoy during your time abroad with Global Academics.

Dr. Brown has over 20 years of teaching experience as a tenured faculty member in African American Studies at Merritt College, and part time in Ethnic Studies at UC Berkeley. She recently served as the Vice Chancellor of Academic Affairs & Student Support Services at Peralta Community College District and was the chair of the Ethnic Studies & Social Sciences department for over 10 years. Dr. Brown holds an M.A. in African American Studies and a Ph.D. in U.S. History with an emphasis in Early American, African American, and U.S. Women's History from The Ohio State University.