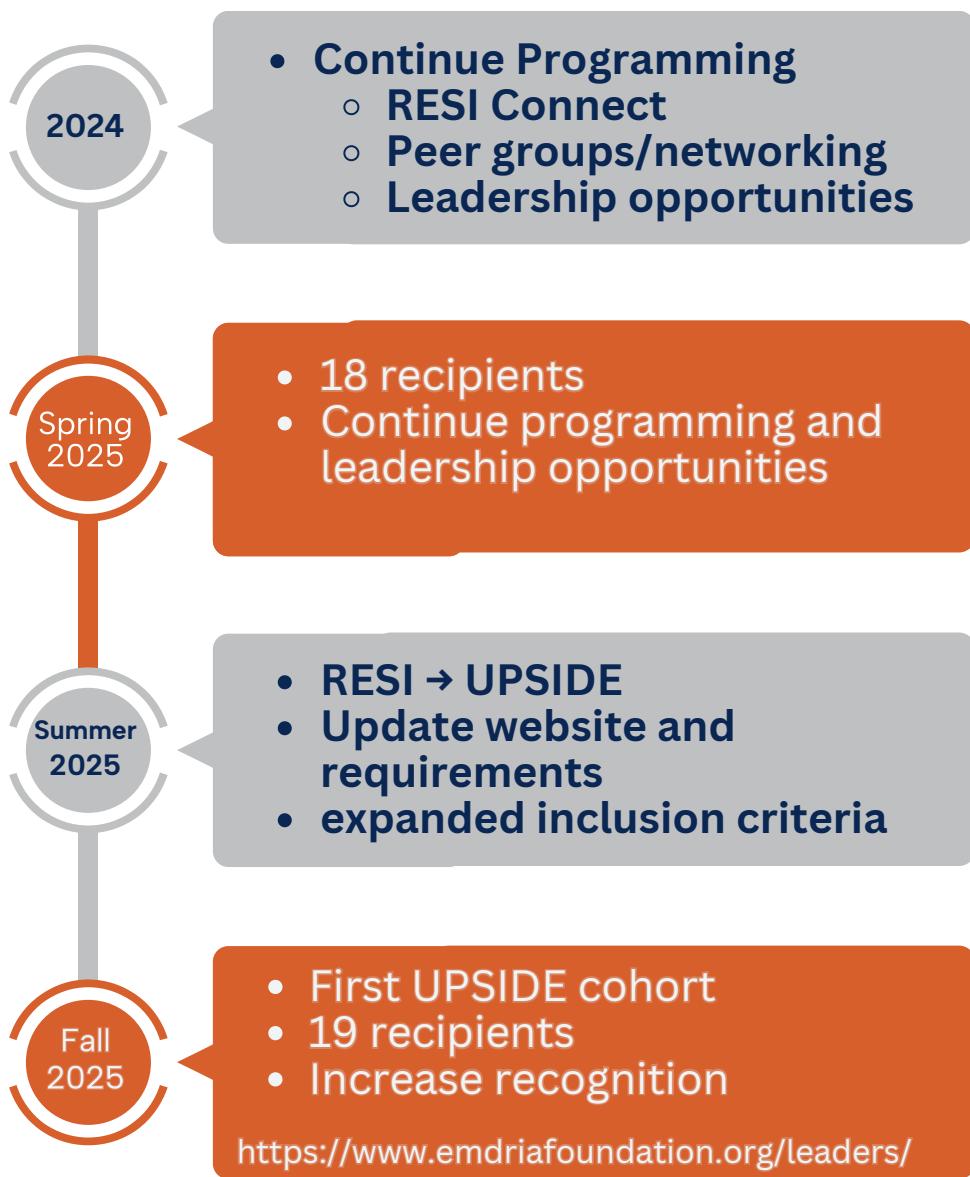


# UPSIDE

**Uplifting Populations Support Initiative – Delivering EMDR  
Previously – Racial Equity Support Initiative**

[www.emdriafoundation.org/diversity](http://www.emdriafoundation.org/diversity)



# Overview

UPSIDE is designed to support EMDRIA™ members who are committed to expanding access to EMDR therapy for communities facing multiple structural barriers—people of color, LGBTQ+ individuals, and those with disabilities.

UPSIDE assists these members in progressing toward EMDR Certification™ or EMDR Consultant™ status, equipping them to lead with clinical excellence and conscious inclusion.



UP TO

**\$950**

TOWARD EMDR  
CERTIFIED™

**\$650**

TOWARD EMDR  
CONSULTANT™

## Benefits for Recipients

- Financial assistance for EMDR Consultation
- EMDRIA Continuing Education to reach credentials
- Online Community
- UPSIDE Connect meetings (introduced in Fall 2023)
  - Educational and networking opportunities with guest speakers around topics that support their credential goals
  - Designed as a response to the recipient's feedback
- Opportunities to share insights with the broader EMDR Community through the blog, magazine, and other engagements.

## Two Cohorts Each Year

Spring and fall. First cohort started fall 2022. First UPSIDE cohort started in Fall 2025.

## Ways to Get Involved

1. Apply to the program
2. Partner by providing EMDR consultation for recipients
3. Donate to the EMDRIA Foundation



# Impact

## What Participants are Saying

" I definitely couldn't have done it without the encouragement and support of this program. I will forever be grateful! "

—Latasha Burnett  
EMDRIA Approved  
Consultant™

This support has not only validated my commitment to trauma-informed care but has also made it possible for me to access the consultation and training necessary to become fully certified. EMDR has always been a modality I deeply believe in, both personally and professionally, and EMDRIA's resources, community, and recognition have been instrumental in my journey."

—Maria Fernanda Wilber, LCSW  
RESI recipient

20

Recipients reached  
their goal in 2025

13 EMDR CERTIFIED™

7 EMDR CONSULTANTS™

"This is an amazing program... I am [also] grateful for this community and the support I received...Thank you so much from the bottom of my heart."

—Kervins Clement, LCMHC, LCASA, CRT-IT, NCC, CFLE, CSAT  
EMDRIA Certified Therapist™

“

“Thank you so much for this amazing opportunity. I am thrilled to accept the award and be a part of this program.”

—Gwendolyn Tinajero-Belles  
EMDRIA Certified Therapist™

”

## 81 RESI/UPSIDE recipients in 2025



52 Working toward certification



29 Working toward consultation

 = 5 people

## 250

### EMDR Consultant™ partners in 2025

providing reduced fee consultation for  
UPSIDE recipients.



 = 10 people



emdra  
foundation

# Donations

100%

100% of member donations  
go directly to recipients

Unique donors in 2025

24

## EMDRIA Member Donations by Year

\$26,221

2022

\$6,075

2023

\$14,255

2024

\$8,510

2025

## EMDRIA Contributions

Administration, support & educational costs  
(Continuing Education Credits)

“

“Thank you so much for this incredible opportunity. I am deeply honored and grateful to accept the RESI award. I'm truly looking forward to participating in the program and connecting with the other awardees. Receiving this award means so much to me. Thank you again for the recognition and support.”

—Mabel Amara,  
RESI Recipient

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