

Speaker Video Submission Guidelines

Thank you for being part of the 2026 EMDRIA Conference. We'd love your help promoting your upcoming session through a short speaker video that we can share across social media, email campaigns and conference marketing materials.

Video Length

Please keep your video between **45–60 seconds**.

What to Include

Please introduce yourself and briefly share:

- Your name and credentials
- Your session title or topic
- What attendees will learn or take away
- Why this topic matters right now
- A quick invitation to attend your session

Example Structure

“Hi everyone, I’m [Name], and I’ll be presenting at the EMDRIA Conference 2026 on [topic]. In this session, we’ll explore [brief description]. Attendees will walk away with [practical takeaway/insight]. I’m excited to connect with you in Anaheim this August.”

*Feel free to make it your own, natural and conversational is best.

Recording Tips

Format + Layout

Because these videos will be used for social media Reels and mobile-first promotion, please record in:

- **Vertical format (portrait orientation)**
- If using your phone, hold your phone upright
- Aim for head-and-shoulders framing
- Keep your eyes near the camera lens

Please note, if you record on a laptop device in horizontal format (landscape orientation) we will happily use the video but may need to crop the video to fit the reel size frame.

Video Quality

- Record in a quiet space
- Use natural light or face a window/lamp
- Avoid strong backlighting
- Keep the camera steady
- Please do not use filters

Audio

Clear audio matters most.

- If possible, use headphones with a microphone or an external mic
- Avoid echoey rooms or background noise

Background

Simple, professional backgrounds work best.

Examples:

- Office or therapy space
- Clean neutral wall
- Bookshelf or softly styled background

Energy + Tone

Start your video with a smile first. We encourage a warm, approachable and conversational tone. Imagine speaking directly to a colleague you hope to see at the conference.

Submission Instructions

Please upload your video by **May 20, 2026** using the link below:

[Dropbox](#)

Accepted file formats:

- .MP4
- .MOV

Thank you again for being part of the conference. We're excited to help showcase your expertise and session with the EMDR community.