



## **CRITERIA FOR THE CERTIFICATION OF EMDR TRAININGS WITHIN EUROPE**

***This document sets out the minimum requirements that must be met by all EMDR training courses in order to be approved by the EMDR Europe Association. This training is your essential first step towards becoming an accredited EMDR practitioner.***

(Approved EMDR Europe trainers may add to or expand any part of the training. The guidelines will be reviewed after two years.)

### **Eligibility criteria**

In order to be eligible to participate in an approved EMDR training course, trainees must hold an up-to-date license or registration to provide psychotherapeutic services in their own country. In addition, the trainee must meet the minimum criteria for training set out by the National EMDR Association. In case of doubt, the national EMDR Association must be contacted in order to determine whether or not a professional is eligible.

### **Trainer criteria**

All presenters of EMDR trainings must be members of a national or an international EMDR association, and must also be approved as a trainer by EMDR Europe. If possible, the trainer should speak the native language of the participants. The trainer must hold a degree or equivalent in a mental health field and a license or certification by his/her country of residence to provide psychotherapeutic services.

The only exception to the above is when a presentation is part of the preparation to become an approved trainer. In this case, the presenter must be observed by an approved trainer throughout the training, and be eligible as a candidate for trainership with regard to background and ethical standards (see Criteria for EMDR Trainers).

## **Training material**

The syllabus should be consistent with Shapiro's latest edition of her Guilford Press text "EMDR: Principles, Procedures and Protocols".

As part of the approval process, the content of the training and all training manuals must be sent to the EMDR Europe accreditation body at least two months before the initial advertisement of the training programme. Accreditation will be for a period of 5 years, after which time the training must be re-submitted to the committee highlighting any changes that have taken place.

## **Format and duration of the training**

The training will take place over a minimum total of 6 days. The format of the training will be in three or four parts:

- Teaching (minimum 24 hours),
- Supervised practice (minimum 18 hours)
- Clinical supervision (minimum 10 hours).

## **Content of teaching (24 hours)**

The trainer may determine the order in which material is presented, although some advanced information should only be taught after the trainee has had time to practice basic EMDR skills.

The EMDR training should only include EMDR-related material. During EMDR training, it is unacceptable to train participants in the application of other intervention methods not consistent with Shapiro's textbook.

The training should contain various exercises to build experience and skills in implementing standard EMDR and EMDR-related procedures.

### **Didactic instruction should include:**

- The empirical evidence base of EMDR pertaining to different clinical populations.
- The EMDR adaptive information processing model (AIP).
- The clinical implications of the AIP model and how it guides case conceptualisation, treatment planning, intervention, and predicts treatment outcome.
- Theory related to EMDR and trauma-related conditions for which there is empirical support for the application of EMDR.
- Legal, ethical and research issues regarding EMDR utilisation.
- Specific assessment and treatment planning procedures needed to select, implement and re-evaluate EMDR treatment plans and procedures.

- The EMDR standard protocol and procedural steps for EMDR with PTSD Type I clients; ie history-taking and treatment planning, preparation, stabilisation skills training and 'safe place exercise', assessment, desensitisation, installation, body scan, closure and re-evaluation.
- Basic procedures for dealing with blocked processing.
- Differences between EMDR and hypnosis, exposure-based methods, cognitive and psychodynamic therapy.
- Principles and procedures for assessing and building skills in affect tolerance and management, including traditional stabilisation skills, 'safe place', and procedures for recognising when such methods are needed.
- Limitations and precautions for the use of EMDR.
- Advanced affect containment procedures and Resource, Development and Installation.

**The following didactic instruction must only be given when the trainee has had a minimum of 8 weeks in order to build ability to integrate the basic EMDR protocol into his/her clinical practice.**

- Protocol and procedural steps for empirically validated EMDR treatments with specific populations (particularly various types of complex trauma conditions) with specification of the level of empirical validation. The instruction should include specific information with regard to history taking and treatment planning, preparation, 'safe place', re-evaluation, assessment, desensitisation, installation, body scan and closure.
- Principles and procedures for the assessment, recognition and regulation of anxiety and dissociative states, together with methods for assessing and decreasing self-injurious and tension-reduction behaviours.
- Principles and procedures for dealing with more complex blocked responses to processing (including cognitive interweave).

The EMDR training should only include EMDR-related material. The training must contain various exercises to build experience and skills in implementing EMDR and EMDR-related procedures. The course content must include relevant videotape examples of actual EMDR sessions with a psychotherapy patient, the purpose of which is to illustrate patient symptomatology, clinical situations and how to manage these during an EMDR session. Video material should also demonstrate specific aspects of the EMDR methodology and patient responses during EMDR which cannot easily be demonstrated during a training (eg cognitive interweave).

### **Supervised practice (18 hours)**

**Practical exercises:** Wherever possible, trainees should be given the opportunity to reinforce learning with practical exercises eg role-play. This is essential in teaching the skills required to elicit Positive and Negative Cognitions during the Assessment Phase and also to understand and use Cognitive Interweaves and affect regulation techniques such as the "Safe Place"

EMDR Europe Association - Executive Office  
 Office address: Avenue de Montchoisi 21, 1004 Lausanne, Switzerland  
 Formal address: c/o EMDR Switzerland -8400 Winterthur, Switzerland

**Supervised live experience:** During the training trainees should practice the EMDR protocol in triads or dyads taking it in turn to be the client, clinician and if required observer. Trainees must use their own real life experiences while receiving direct feedback from a trainer/supervisor.

### **Training supervisor/participant ratio**

The training supervisor (facilitator or consultant) to participant ratio cannot be more than 1 for every 12 participants. Each facilitator for the small groups during the practicum exercises must be at least an EMDR Europe approved supervisor or consultant or an EMDR Europe approved trainer. Trainers will require supervisors to undergo additional training.

### **5.8 Clinical supervision (10 hours)**

Before completing their training trainees are required to demonstrate a basic level of competence in safely and effectively integrating EMDR into their clinical practice. This level will be decided by the trainer, but will require a minimum of 10 hours of supervision, working with a minimum of 3 clients.

The trainer does not need to provide this consultation, although it is preferable that he/she does so, but must provide information as to how the trainee can acquire it. Clinical supervision can take any of the following formats:

- As an integral part of the EMDR training programme
- Group consultation
- Individual consultation.
- Telephone consultation

Supervisors must be approved EMDR Europe consultants. The supervision received as part of a full EMDR training course will count towards becoming an accredited practitioner.

## **Announcement of the training**

The announcement of the training eg in advertisements, should specify:

- The name of the EMDR accredited trainer(s) presenting the training;
- The number of hours;
- Eligibility criteria for applicants (eg registration as a licensed or registered mental health professional);
- That the training is accredited by the EMDR Europe Association.

## **Organisation of the training**

Trainings should be organised within the trainer's national boundaries. If the trainer wishes to train outside his/her own country, he/she should have the consent of the EMDR national organisation. This must be settled first and prior to the announcement of the training. If a conflict occurs, both parties can appeal to the Board of the EMDR Europe Association. A written statement of that decision must be received before the training is advertised.

## **Linking with the national association**

Before the training is completed, the trainer must make sure that trainees are fully informed about how to join the UK and Ireland EMDR Association and how to become an accredited EMDR practitioner. The trainer is responsible for ensuring that trainees are encouraged to continue their professional development by becoming accredited. Although it remains optional for a trainee to become accredited, the trainer must make sure that trainees are initially linked to an appropriate accredited supervisor or supervision network.

As part of the re-accreditation of a training course the trainer will be asked to give evidence of the number of their trainees who have become members of their national association and the number of trainees who go on to become accredited practitioners.

## **Final approval**

The training course must be presented for approval to the Standards Committee of EMDR Europe.

Copies of all handouts, timetables and manuals to be used in all trainings are to be included with the application.

It is not permissible to announce trainings prior to receiving the written approval of the training from the accreditation body of EMDR Europe.

Accreditation will be for 5 years. The course must then be re-accredited every 5 years in order to demonstrate that its contents continue to adhere to current EMDR Europe guidelines.

EMDR Europe Association - Executive Office

Office address: Avenue de Montchoisi 21, 1004 Lausanne, Switzerland

Formal address: c/o EMDR Switzerland -8400 Winterthur, Switzerland

## **Violations**

Violation of any of the aforementioned criteria will result in the course not being recognised as an EMDR Europe training. Accordingly, participants will not receive an EMDR Europe certificate and will not be eligible to join any European or international EMDR organisation. Violation may also lead to withdrawal of that person's approval as an EMDR Europe accredited trainer and exclusion from membership of both the national and international associations. The same applies to any EMDR trained practitioner or consultant who knowingly assists in such a training.

Date, 1<sup>st</sup> January 2011