



EMDR MENTORING GUIDELINES

An EMDR Mentor is a senior EMDR trainer who supports trainee trainers in developing the skills, knowledge, and competencies required for effectively training future EMDR therapists. The Mentor concentrates on assisting the trainee in transitioning from the role of an EMDR consultant/facilitator to that of a competent EMDR trainer, guiding them through the identity change this process may involve.

The application process only commences once a Mentor has been appointed. A Mentor, who must be an EMDR Europe Accredited senior trainer, can either approach a suitable trainee, or a potential trainee may seek out a Mentor.

There should be only one Mentor throughout the application process. In EMDR training institutes, which have a number of senior trainers, there should be only one Mentor for one trainee trainer.

The EMDR mentoring process*

1. The Mentor must provide written confirmation, including dates, that the trainee has completed at least five full training courses (all parts). During each training course, the Mentor must verify that the trainee has successfully facilitated small group live practice sessions and practical exercises, including Cognitive Interweave.

2. The Mentor should then evaluate the trainee as they teach segments of an approved EMDR Europe training course for approximately 30 minutes on at least four different occasions. Each time, the Mentor will use the Presenter's Assessment Form** to assess the trainee's competence until the Mentor determines that the trainee has reached a satisfactory level of skill.

Two presentations will focus on the teaching aspects of the eight-phase protocol. One presentation will address the Cognitive Interweave or Blocked Processing. The other presentation will cover teaching the Adaptive Information Processing model, or outline current EMDR-related research. One of the four teaching sessions must be recorded without edits.

All four Presenter's Assessment forms, together with the teaching session video, must be submitted to the Standards Committee as part of the trainee's final submission.

3. The trainees must submit two videos of their EMDR practice. Both videos must meet the standards of a teaching video shown during an EMDR Europe training course. Both videos should demonstrate the trainee's understanding and ability to practice the EMDR protocol at the highest level expected of a trainer. The Mentor must confirm that they have viewed both videos

and, using the Video Assessment form*** for guidance, consider them suitable for the trainee's final submission.

Final submission

Once the Standards Committee administrator has accepted the trainee's final submission, the Committee will appoint an independent Case Assessor from among its members. The Case Assessor will evaluate the applicant's written work and recordings. The Case Assessor will then report their findings to the Standards Committee, which will make the final decision.

During this process, the Case Assessor may request additional information from the trainee or ask them to resubmit materials such as videos. The Mentor will receive a copy of such requests as the trainee may need further guidance or support from the Mentor before resubmitting.

If the application is rejected, both the trainee and the Mentor will be advised of the next steps to take.

* Full details of the application process can be found in Accreditation Requirements for Europe Trainers 2025

** EMDR Presenter Evaluation Form 2025

*** Video rating form

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