



EMDR trainer application video evaluation form

Name of applicant

General

The applicant:

- has the proper conceptual insight into the use of EMDR in general and the basic protocol in particular (as demonstrated by being able to answer the client's questions and to provide the client with appropriate help during history taking and treatment planning;
- carries out the protocol in the correct order.
- knows and uses the appropriate formulations.

Comments:

1. History taking and treatment planning (based on the written case conceptualization)

The applicant is able to:

- Identify the experiential contributors to the client's pathological/dysfunctional pattern and/or present complaints
- establish treatment plan (Past, Present & Future)
- assess the client's suitability for EMDR

Comments:

2. Preparation for EMDR

The applicant is able to:

- prepare a client for treatment with EMDR in terms of providing necessary information;
- Reminding of the "Safe Place"
- establish an appropriate distance for BLS from the client;
- explain the use of a stop-signal.

Comments:

3. Assessment

The applicant is able to:

- identify an appropriate target memory;
- identify an appropriate sensory component (usually a stationary visual image);
- identify the NC and does that in the correct way (based on the image in the present, and formulated in relation to the target image etc.);
- identify the PC in the correct way (in relation to the target, in the same domain as the NC, making no attempt to rewrite history, sufficiently empowering, etc.);
- rate the VoC in the correct way (at emotional level and in direct relation to the target);
- identify emotions linked to the memory and the NC;
- ask for a rating of SUD-level in the correct way (0-10 in link with the disturbance caused by the emotion/s)
- identify physical reactions that are coming up with the memory.

Comments:

4. Desensitization

The applicant:

- begins by activating all parts of the target/memory in the correct way (image, NC and location of physical reaction);
- keeps to a good tempo as regards stimulation (does not talk much in between);
- applies the recommended duration to the sets in the beginning (25-30 return movements/ 25-30 sec), adjusts sets if appropriate;
- observes the client's reactions, is focused on the associations coming up following stimulation, keeps the process flowing and does not interfere with the content of the material that arises during the sets (eg does not stop if the client experiences dizziness, or return to the target if the client indicates relaxation etc);
- regularly returns to the target in the correct way. At the end of an association chain - that is either, after the second consecutive report of no change or meaningful associations emerging or two consecutive reports of neutral or positive material or stuck processing - by reassessing the target ("if you go back to the original incident/memory/experience, what comes up now?"), without referring to the NC;
- If, after going back to target and adding another set of BLS, there is no change, then ask for SUD. If SUD=0, no BLS continue with Phase 5;
- knows what to do if there is an 'abreaction' (continues with stimulation/sets), and emphasizes verbal and non-verbal "holding".

Comments:

5. Installation

The applicant:

- checks if the PC has changed during phase 4 to a more powerful version of the PC;
- is able to install the PC in the correct way (in relation to the target) using FAST BLS. This would be in relation to the target, avoiding opening up new associative chains by comments such as "How is it now?", rather than "What comes up now?";
- continues with installation and does that until the highest level of credibility is reached (VOC = 6/7);
- manages to identify and deal with any blocking belief.

Comments:

6. Body Scan

The applicant is able to:

- carry out the body scan in the correct manner (recalled memory + PC).
- If the client reports positive sensation enhance them with BLS
- If the client reports negative material continue with BLS till it's gone

Comments:

7. Closure

The applicant is able to:

close the session in the correct way (preparation for what may happen between sessions, journal, accessibility, etc);

close any incomplete sessions in the correct way (not going back to target, not asking SUD).

Comments:

8. Re-evaluation

- Based on the case-conceptualisation in written form.

Comments:

Conclusions (Please delete one)

A. I consider that the above applicant has met the aforementioned criteria and all videos meet the standard that would be expected for an EMDR seminar teaching video. The applicant has demonstrated an understanding and ability to practice the EMDR protocol is at the level that would be expected of a trainer.

B. I consider that the submitted videos are not of an acceptable standard for the reasons stated above

Date of rating