



EMDR EUROPE ACCREDITED PRACTITIONER COMPETENCY BASED FRAMEWORK

Guidelines for Accreditation as an EMDR Europe Accredited Practitioner

- Applicants must have completed EMDR Basic training by a recognised EMDR Europe Accredited Trainer
- Applicants seeking EMDR Europe Accreditation as a Practitioner must be members of their National EMDR Association
- Applicants seeking EMDR Europe Accreditation as a Practitioner must have a minimum of two years professional experience before they can become accredited by EMDR Europe
- Applicants should have a minimum period of **one year** after completion of EMDR Basic Training before being eligible in seeking EMDR Europe Accreditation as a Practitioner
- The applicant has actively engaged in EMDR Clinical Supervision/ Consultation and demonstrated competency in all areas of Parts A, B & C of the EMDR Europe Practitioner Competency-Based Framework. It is estimated that this would require a minimum of **20 hours clinical supervision** from an EMDR Europe Accredited Clinical Supervisor/ Consultant
- That the EMDR Clinical Supervisor/ Consultant supervising the applicant has directly witnessed the applicants EMDR clinical work either through the use of video/DVD or In Vivo
- The applicant has engaged in a minimum number of **50 EMDR sessions** before seeking EMDR Europe Accreditation as a Practitioner **of which the majority are reprocessing sessions.**
- The applicant has treated a minimum number of **25 clients** with EMDR as an eight-phase psychological treatment intervention **of which the majority are reprocessing sessions.**
- The applicant provides **TWO** references in support of their application - one MUST be provided by their EMDR Europe Accredited Clinical Supervisor/ Consultant, the second from a person who can comment upon the applicants professional practice and standing.
- The applicant is aware that the period of accreditation with EMDR Europe is for a period of **5-years** before re-accreditation is required so as to maintain EMDR accreditation.

**EMDR Europe Practice Sub-Committee
November 2013**

EMDR Clinical Supervisor/ Consultant's Reference for the EMDR Europe Practitioner Competency Based Framework

EMDR Clinical Supervisor/ Consultant Accreditation Reference Guideline and Checklist	Rating Scale 1: Limited 2: Basic 3: Good 4: Advanced			
Part A: Theoretical Framework of EMDR Therapy and the Adaptive Information Processing Paradigm				
	Limited	Basic	Good	Advanced
Supervisee demonstrates a grounded understanding of the theoretical basis of EMDR and the Adaptive Information Processing (AIP) Model and is able to convey this effectively to clients in providing a treatment overview.	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
Part B: The Basic Eight-Phase Protocol				
Phase 1 - History Taking: The Supervisee is able to ascertain an appropriate general history from the client incorporating the following elements				
<ul style="list-style-type: none"> Obtain a history of the origins of the disorder informed by the AIP model including dysfunctional behaviour and symptoms 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Determine if the client is appropriate for EMDR selection? Identifies 'red flags' including screening for Dissociative Disorders. 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Is able to identify appropriate safety factors including the utilisation (were appropriate) the Dissociative Experience Scale II (DES), Risk Assessment, Life Constraints, Ego Strength, and the availability of support structures 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Demonstrates an ability to conceptualise the case utilising the AIP model 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Clarifies the client's desired state following therapeutic intervention 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> That the client is able to effectively deal with high levels of physical and emotional levels of disturbance 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> To determine appropriate target selection and target sequencing in consideration to the past, present & future 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> In cases of multiple targets to utilise either prioritising or clustering 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Identify a 'touchstone' event that relates to the client's issue. 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
Phase 2 - Preparation: The supervisee is able to establish an effective therapeutic relationship in conformance with National or Professional standards and Code of Conduct. The supervisee is effective in:				
<ul style="list-style-type: none"> Obtaining informed consent from clients 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Testing Bilateral Stimulation (BLS) with clients 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Teaches and checks client's ability to self-regulate including the utilisation of the safe/secure place and resource installation with clients 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Makes client's aware of the 'Stop' signal 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Demonstrates an effective ability in addressing client's concerns, fears, queries or anxieties 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄

<ul style="list-style-type: none"> Utilisation of an effective metaphor 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Phase 3 – Assessment: During the 'Assessment Phase' the supervisee determines the components of the target memory and establishes baseline measures for the client's reactions to the process				
<ul style="list-style-type: none"> Selecting target image and worst aspect 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Identifying the Negative & Positive Cognitions 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Establishes negative cognitions that are a currently held, negative self-referencing belief, that is irrational, generalisable and has affect resonance that accurately focuses upon the target issue 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Ensures cognitions are within same domain/ matched category 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> When necessary the supervisee effectively assists the client in ascertaining a pertinent NC & PC 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Utilises the Validity of Cognition (VOC) scale at an emotional level and in direct relation to the target 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Identifies emotions generated from the target issue or event 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Consistent use of the Subjective Units of Disturbance [SUD's] scale to evaluate the total disturbance 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Identifying body sensations and location 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Phase 4 – Desensitisation: During the 'Desensitisation Phase' the supervisee processes the dysfunctional material stored in all channels associated with the target event and any ancillary channels				
<ul style="list-style-type: none"> Remind clients to just 'notice' what ever comes up during processing whilst encouraging the client to not discard any information that might be generated. 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Changes during processing can relate to images, sounds, cognitions, emotions and physical sensations 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Competency in the provision of Bilateral Stimulation emphasising the importance of eye movements 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Post 'Set' interventions, and evidence of 'staying out of the way' as much as possible. 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Engages in the use of verbal & non-verbal reassurance to client's during each 'Set' 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Maintaining momentum throughout the desensitisation stage with minimalist intervention where possible 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Returning to target when appropriate 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> When processing becomes block appropriate interventions are utilised including alteration in the Bilateral Simulation and/or the utilisation of Cognitive Interweaves 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Examples of effective cognitive interweaves utilised during the Desensitisation Phase' when processing has become blocked 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Effectively manages client's heightened levels of affect utilising both accelerating and de-accelerating interventions. 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Phase 5 - Installation: During the 'Installation Phase' the supervisee concentrates primarily upon the full integration of a positive self-assessment with the targeted information				
<ul style="list-style-type: none"> The supervisee enhances the Positive Cognition (PC) linked specifically with the target issue or event 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> The Positive Cognition is checked for both applicability and current validity ensuring the PC chosen is the most meaningful to the client 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Utilisation of the Validity of Cognition scale to evaluate the Positive Cognition 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Addressing any blocks during the 'Installation Phase'. 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> If new material emerges supervisee effectively returns to the most appropriate phase of the EMDR Protocol or the utilisation of an 'Incomplete Session' 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
Phase 6 - Body Scan: During the 'Body Scan Phase' the supervisee considers the link between the client's original memory/event and the discernable physical resonance that this may generate				
<ul style="list-style-type: none"> The supervisee enables client's to hold both the memory/ event and the positive cognition in mind whilst mentally scanning their entire body to identify and lingering tension, tightness or unusual sensation and apply Bilateral Stimulation (BLS) 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> The supervisee is prepared for further material to surface and to appropriately respond by either returning to the most appropriate phase of the EMDR Protocol or the utilisation of an 'Incomplete Session' 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
Phase 7 – Closure: The Supervisee should consistently close a session with proper instruction leaving the client in a positive frame of mind and able to safely return home:				
<ul style="list-style-type: none"> Allows time for closure 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Utilisation of the debrief 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Effective utilisation of the 'Incomplete Session' 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Incorporates appropriate containment exercises and safety assessment 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Encourages clients to maintain a log between sessions 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
Phase 8 - Re-evaluation of previous session: During the 'Re-evaluation Phase' the supervisee consistently assesses how well the previously targeted material has been resolved and determines if new processing is necessary. The supervisee actively integrates the targeting session within an overall treatment plan:				
<ul style="list-style-type: none"> Returning to previous targets 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Identifying client evidence of re-adjustment 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄
<ul style="list-style-type: none"> Has the individual target been resolved? 	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄

<ul style="list-style-type: none"> Has other material been activated that must be addressed? 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Have all necessary targets been processed in relation to the past, present and future? 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Utilisation, when necessary of a 'Future/ Positive Template' Has client readjusted appropriately to within their social system? 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> The supervisee effectively terminates therapy 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
PART C:				
<ul style="list-style-type: none"> Supervisee demonstrates an understanding of PTSD and traumatology 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
<ul style="list-style-type: none"> Supervisee demonstrates an understanding of using EMDR either as part of a comprehensive therapy intervention or as a means of symptom reduction. 	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
PART D:				
Please specify the context within which the EMDR Clinical Supervision/ Consultation took place and the number of hours: <ul style="list-style-type: none"> <input type="radio"/> Face to face [individual] hours <input type="radio"/> Face to face [Group] hours <input type="radio"/> Telephone..... hours <input type="radio"/> Email..... hours <input type="radio"/> Other..... hours 				
Please specify your reasons for recommending your supervisee's accreditation as an EMDR Europe Practitioner?				

EMDR Clinical Supervisor/Consultant Signature:

Please print name: **Date:**

Second Reference in Support of an Application for EMDR Europe Accreditation

This reference forms part of the application process for accreditation as an EMDR Europe Practitioner

I support this application for EMDR Europe Accreditation as an EMDR Europe Practitioner for:

Name of Applicant:.....

I know the applicant from the following context:

Please Tick

<input type="checkbox"/>	Head of Service/ Clinical Manager
<input type="checkbox"/>	Professional Colleague
<input type="checkbox"/>	Academic Colleague
<input type="checkbox"/>	Clinical Supervision Group member

I can confirm the applicants experience in the practice of EMDR and that the applicant's professional practice is in accordance with the ethical guidelines of their respective professional organisation.

Please print

name:.....

Signature:.....

Date:.....

EMDR Europe Re-accreditation Criteria

1. EMDR Practitioners, Supervisors/Consultants are required to seek re-accreditation from their EMDR National Association every five years.
2. Re-accreditation will allow the EMDR Europe Practitioner, Supervisor/Consultant to continue to be listed as an EMDR Practitioner/Consultant on their EMDR National Association website which will be linked to the EMDR Europe website.
3. EMDR Europe Practitioner, Supervisor/Consultant is engaged in current practice of EMDR underpinned by the Adaptive Information Processing (AIP) Model
4. The application for re-accreditation should include:-
 - a. Proof that he/she is a full member of their EMDR National Association
 - b. Evidence that he/she has previously met the accreditation criteria (as certified by the EMDR National Association) and that he/she has full professional standing, status or registration, and is not facing any disciplinary consideration, action or proceedings.
 - c. Evidence that he/she has acquired 50 EMDR/ AIP based credits during the 5-year period since the last accreditation. (1 hour= 1 EMDR Europe credit)
 - d. The EMDR National Association will determine a reasonable mix of EMDR activities to fulfil the 50 credits. This may include attendance at conferences, presentations research activities, supervision, teaching activities, evidence of reading, clinical research and contributions to the development of EMDR at national or regional levels.
 - e. The EMDR National Association has the discretion to consider mitigating circumstances when re-accreditation criteria have not been met to allow re-accreditation.
 - f. If EMDR Europe re-accreditation is not applied for or the applicant fails to meet the required standard their accreditation will be withdrawn resulting in the member being removed from their EMDR Europe National Association list of EMDR Europe Accredited Practitioners on their EMDR National Association Website.
 - g. If re-accreditation is not applied for or is not granted the member will not be allowed to refer to themselves as an accredited EMDR Europe Practitioner/ Consultant or use the term EMDR Europe

Accredited Practitioner/ Consultant in their professional literature and communications.

- h. Members without EMDR Europe accreditation will not be able to use or display the EMDR Europe logo.
- i. A member whose EMDR Europe accreditation has lapsed will be required to re-apply for and complete a lapse member accreditation application in consultation with an EMDR Europe Consultant/Supervisor.

**EMDR Europe Practice Committee
November 2012**

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