



## **CRITERIA FOR THE CERTIFICATION OF AN EMDR EUROPE CHILD & ADOLESCENT (C&A) TRAINING WITHIN EUROPE**

***This document sets out the minimum requirements that must be met by all EMDR training courses to be approved by the EMDR Europe Association.***

(Approved EMDR Europe C&A trainers may add to or expand any part of the training. The guidelines will be reviewed every five years.)

### **Eligibility criteria**

For participation in an approved EMDR C&A Training, trainees have to be:

1. Licensed to provide mental health services Countryr country;

*To be eligible to participate in an approved EMDR C & A training course, trainees must hold a current license or registration to provide psychotherapeutic services in Country country. Also, the trainee must meet the minimum eligibility criteria for the training set out by their National EMDR Association. When a trainee comes from a different country, it is the responsibility of the trainer to contact that country's national EMDR Association to determine whether or not the trainee meets their eligibility criteria.*

2. Licensed/specialised in the treatment of children & adolescents;

*This is only applicable in countries where this is specifically regulated.*

3. The potential participant should be working therapeutically regularly with children and adolescents in a mental health setting (including private practice).
4. Participants must have previously undertaken at least Part 1 of an accredited EMDR Europe standard training.

### **Trainer criteria**

The C&A trainer must be accredited by EMDR Europe and be member of his/her National Association. The C&A trainer must speak the language of the participants or another language in which participants and trainer can communicate well together.

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

The format and the duration of C&A trainings vary in different countries. However, there are minimum standards for the number of hours to be included for all parts of

the trainings.

**Teaching:**

Minimum standard is 24 hours.

**Supervised practice:**

In a C&A training practical exercises are included, where possible and relevant, as they are in the generic training, with the same purpose which is to reinforce and promote learning. Supervised practicums involving personal life experience cannot easily be applied to a C&A training and therefore are not a required element. Minimum standard for supervised practice as part of the C&A training is 4 hours.

**Clinical supervision:**

National EMDR Associations differ in the criteria they stipulate for clinical supervision but training should always follow the criteria of the Country in which the training is taking place. Quantitative (number of hours) and/or qualitative (competence based) criteria are applied. Some countries require both and others do not. In countries where quantitative criteria are stipulated, the MINIMUM standard is 10 hours to be covered after the generic training – this can be devoted to C&A or adult cases. There is no requirement for additional hours to be provided in C&A training courses.

## **Training material and content**

The EMDR C&A training should include only EMDR-related material, specific for EMDR application with children. Participants are not trained in the application of other interventions. The content is related to learning delivered previously in standard training(s), based on Shapiro's latest edition of EMDR: Principles, Procedures and Protocol. It will be consistent with the material covered in the CTT (Child Trainers' Training) and can be adapted to meet specific national requirements or needs.

The training must contain various exercises to build experience and skills in implementing EMDR and EMDR-related procedures to children of different ages.

The training must also include relevant video clips of actual EMDR sessions with a psychotherapy client or live demonstrations. The purpose of these is to illustrate client symptomatology, clinical situations, and ways to manage these during an EMDR session. Video/live practice material should also demonstrate specific aspects of the EMDR methodology and client responses during EMDR, which otherwise are difficult to teach during a training course (e.g. cognitive interweave). Feedback on video-clips demonstrating how material taught in the previous days of the training is dealt with, is highly encouraged as part of both level I and level II trainings.

The training material will consist of handouts (power point presentations of the C&A trainers), relevant resources (e.g. information/ publications /links to websites), video-clips of the trainers and exercises for skill-building.

The content of level I is more or less equivalent internationally. The content of level II is more variable according to national needs.

Topics to be covered:

-How to apply the EMDR Standard protocol and its adaptations for different developmental levels in childhood and adolescence and work with the EMDR Child protocol.

-How to identify when EMDR can be applied for the treatment of simple trauma-related conditions (indications/suitability).

-Empirical evidence base of EMDR pertaining to different child and adolescent clinical populations;

- The AIP model;

- Legal and ethical issues regarding EMDR utilization with children and adolescents and their parents;

- Assessment, treatment planning and evaluation procedures/ measures;

- The storytelling method, based on the work of Lovett (1999, 2015).

After assimilation of and practice with previously taught material, and engagement in EMDR C&A specific clinical supervision/consultancy, the focus of training moves to the application of EMDR to children and adolescents with more complex conditions and psychopathology.

- History-taking, treatment- planning, case conceptualisation and preparation;

- EMDR related procedures for arousal containment/stress reduction (how to stay within or return to the window of tolerance);

- Resource Development and Installation for children in different developmental phases;

- Dealing with blocked responses to processing (including cognitive interweave).

## **The announcement of the training**

The announcement of the training (in magazines, on websites, etc) must contain the name(s) of the EMDR Europe accredited C&A trainer(s) responsible for the training, the number of hours involved, eligibility criteria for participants, announcement whether it is a Level I or a Level II EMDR C&A training, and the logo of EMDR Europe, meaning that the training is accredited/approved by EMDR Europe.

## **The organisation of the training**

C&A training should be organized within the C&A trainer's national boundaries. If the C&A trainer wishes to train outside his/her own country, he/she has to negotiate with the board of the National Association concerned. Agreement has to be settled prior to the announcement of the training. If a conflict occurs, both parties can appeal to the board of the EMDR Europe Association for a decision. A written statement of that decision must be received before the training can be advertised.

## **Linking with the National Association**

Before the end of the training, the trainer must make sure that trainees are fully informed about how to join their national EMDR Association and how to become an accredited EMDR Europe practitioner. The trainer will encourage trainees to continue their professional development by becoming accredited EMDR Europe practitioners and make sure that trainees are aware of how to link in to an appropriate accredited EMDR Europe consultant or supervision network.

## **Final approval**

Content and program of the training (manual) have to be approved by the Standards Committee of EMDR Europe (the C&A trainer members, will be responsible for rating this).

The content of the manual/syllabus should be consistent with the material covered in the Child & Adolescents Trainers' Training (CTT) and can be adapted to meet national specific requirements. Changes to practice guidelines based on research findings, may be needed. The Standards Committee will be kept informed about these potential changes by their C&A trainer member(s).

Manuals/syllabi of the training and other documents, which the Standard Committee finds relevant, are to be included with the application, and these documents are sent at least four months before the first planned date for the training.

The training can be announced only after the accreditation procedure is finished and accreditation of the training is approved. The procedure takes minimally three months.

Training is accredited for five years and needs to be re-accredited accordingly to adhere to current EMDR Europe guidelines. Whenever the structure or content of the approved training is changed, the course must be re-submitted for approval.

## **Violations**

Violation of any of the aforementioned criteria means that the course will not be recognised as an EMDR Europe Child and Adolescent Training. Accordingly, participants will not receive an EMDR Europe certificate and will not be eligible to join any European or (inter)national EMDR association. Violation may also lead to the withdrawal of that person's approval as an EMDR Europe accredited C&A Trainer and EMDR Europe consultant and exclusion of membership to both national and international EMDR associations or organisations. The same applies to any EMDR Europe consultant or facilitator who knowingly assists in such training.

(Ratified 7<sup>th</sup> June 2020)