



## 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

The applicant is able to:

- make a correct formal (DSM/ICD) diagnosis (eg PTSD);
- 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;
- prepare a client for treatment with EMDR in terms of the application of self-control techniques;
- establish an appropriate distance 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 pertinent cognitive domain and 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 correct (at emotional level and in direct relation to the target);
- ask for a rating of SUD-level in the correct way;
- identify a key emotion that is linked with the memory;
- identify a physical reaction that is coming up with the memory.

Comments:

### 4. Desensitisation

The applicant:

- begins by triggering 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 (24 times/30-45 seconds), adjusts sets if appropriate;
- regarding the client's reactions, is focussed with 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;
- 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:

- only installs PC when the target image is completely neutral (SUD = 0, the only exception is a rare case of ecological disturbance)
- checks if 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, does not open any new association chains – eg “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 to 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).

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 proper correct way.

Comments:

## 8. Re-evaluation

The applicant is able to:

- re-evaluate the target image/memory/experience at the beginning of each subsequent session and if necessary, starts up again immediately;
- applies the full standard protocol (present triggers, future projection).

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.

Name of case handler .....:.....Date.....

November 2016