



ACCREDITATION REQUIREMENTS FOR EMDR EUROPE CHILD & ADOLESCENT (C&A) TRAINERS

IMPORTANT: *If any written or recorded information is not in English, a translation must be provided.*

Definitions

Essential for the C&A Trainer pathway are:

- *Mentor:* a senior trainer who coaches the candidate during the process from start to finish; senior trainers are trainers who have been reaccredited at least once.
- *Child & Adolescent Trainers' Training (CTT):* training to be attended by candidate trainers.
- *Case-assessor:* A C&A senior trainer who is also a member of the standards committee. The nominated Case Assessor will assess the applicant's documentation, including the required four videos and make a recommendation to the Standards Committee regarding readiness to be approved as a new C&A trainer.

1 **Licensing/Registration**

Applicants must provide a copy of their relevant national clinical registrations, proving that they are entitled to work with children and adolescents (if relevant and possible this should also be in the applicant's own country), and show evidence of membership of their National Association.

2 **National EMDR Association**

Applicants must provide evidence in the form of a written statement attesting that they are in good standing with their National EMDR Association and that it is aware of their application.

3 **Mentor**

In order to begin the application process, applicants must have identified a mentor who is prepared to coach them until the end of the process. The mentor does not have to be from the same country. The mentor is a senior trainer who permits the candidate trainer to observe, assist and/or facilitate their training. The period necessary to work with a mentor will be variable with every candidate. The mentor coaches the applicant to

enable them to produce good videos, adequate presentations, and an acceptable manual. Some of the material will be rated by the mentor.

4 Clinical Experience

Applicants must provide:

4.1 Videos

In order to be eligible to attend the CTT, the applicant must provide two *clinical* videos of their EMDR practice that have been approved by their mentor. The videos must show the candidate's application of the EMDR C & A standard-protocol (child protocol), one with a child over 8 years of age and one with a child under 8 years of age. Eligibility to participate in the CTT is dependent on both videos being approved as meeting the appropriate standard (as evidenced by CTT- Applicant Video Rating Scale). The videos must be unedited. The videos have to be submitted to the mentor between 12-6 months before the start of the CTT. If the mentor judges a video as inadequate, the applicant will be asked to produce another. This process must be completed at least 6 weeks before the start of the CTT.

The applicant must bring *four teaching videos* to the CTT. These videos should show their application of the standard protocol and the storytelling protocol, adapted adequately to the different age groups: 9-18 years, 6-8 years, 4-5 years & under 4 years. The two *clinical videos* approved by the mentor before the CTT may be re-used for this purpose, if they are suitable.

During the CTT applicants are instructed by the CTT trainers how to use clinical videos for teaching purposes, or how to produce new teaching videos, if necessary.

If during the CTT, the applicant's level of expertise appears insufficient - then the CTT trainers can require them to take measures to enable them to reach the desired competency.

This might include extra consultation on making adequate videos after the training or developing presentation and teaching skills.

The trainers will discuss with each participant individually as to whether extra measures seem necessary and if so, which one(s). They might require the applicant to show new teaching videos to their mentor after the CTT, in which the information assimilated during the training, is integrated. New teaching videos should be submitted to the mentor within two years of the CTT training.

For clarity and transparency, observations and feedback made by CTT trainers will be based on criteria, formulated explicitly in competence-based forms.

When both the applicant and mentor agree, all the competencies have been achieved. The full application and documentation (including the four videos) must be submitted to the Standards Committee. A case assessor will then be appointed to assess the application.

Videos submitted can be the same videos used at the CTT or different ones. The CTT-Applicant Video Rating Scale will be used to rate them. The maximum period allowed to work on producing acceptable videos is two years after the CTT.

4.2 Experience as a consultant

Before embarking on the EMDR C&A trainer's pathway, applicants must be able to prove they have a minimum of 2 years' post-certification experience as an EMDR C&A consultant and evidence of thorough experience of clinical practice. This will include evidence of having treated acute and complex psychopathology and dissociative disorders corroborated by a written statement from an accredited C&A trainer.

4.3 Experience as a facilitator

Proof that the applicant shadowed a trained facilitator during two full, i.e., (all parts) standard EMDR Europe training courses. Written confirmation must be provided by a senior trainer.

Proof that the applicant had attended two C&A training courses (all parts/levels), where they were assessed to have successfully facilitated/ or shadowed a trained facilitator in all the practical and live practice exercises that are part of the training course.

5 C&A Trainers' Training (CTT)

Applicants must have participated in an EMDR Child & Adolescent Trainers' Training (CTT). The goal of the CTT is to equip participants adequately for their future task and to maintain high standards for upcoming C&A trainers. Participants will receive information on latest developments in EMDR, feedback on their teaching skills and on the quality of their teaching material during the CTT. Participants will be expected to give presentations with their videos, and feedback is focused on helping participants teach with appropriate video material and clear presentations. Participants are invited to bring any teaching material they consider useful and relevant.

The value of group cohesion is recognised and encouraged to enable future C&A trainers to support and stimulate each other and optimise their trainings. The CTT is given by two senior C & A trainers. All C & A trainers are welcome to supply input for the content of the CTT at any point in time.

6 Professional standing in the field of trauma

Applicants must provide:

- 6.1 Proof of at least 40% of professional time in clinical practise with children and adolescents (minimum of 12 hours per week, including clinical supervision).
- 6.2 Proof of sufficient standing within the clinical and trauma field (clinical references, publications, general reputation). (Personal references may be from academic colleagues or peers).

7 Teaching Experience

Applicants must provide:

- (a) Proof of sufficient general teaching experience (statement from teaching institution).
- (b) Two references regarding teaching experience from academic colleagues or peers.
- (c) Applicants must be mentored teaching parts (approximately 30 minutes each) of an approved EMDR Europe C&A training course until judged to be competent by the mentor or another approved EMDR Europe senior C&A trainer (who is asked to do this for the mentor). Applicants must demonstrate the ability to:
 - Present the material in a clear and informative manner
 - Engage effectively with the audience.
 - Answer questions from the audience appropriately.
 - Give feedback on video-fragments of trainees in a constructive manner
 - Demonstrate ability to manage group process.

This must be done on a **minimum** of 4 occasions. Mentors may require would be C&A trainer applicants to provide further teaching presentations. The 4 presentations will be made up as follows:

- 1 presentation teaching parts of the eight-phase protocol, adapted to children of different developmental phases (> 8 years and < 8 years);
- 1 presentation of teaching storytelling;
- 1 presentation of teaching the role of parents
- 1 presentation of teaching the Cognitive Interweave **or** Blocked Processing **or** another theme of the advanced C&A training material.

Applicants must provide a written testimonial from their mentor stating that they have met the above criteria, by filling in the EMDR Presenters' Evaluation Forms. These forms should be sent to the Standards Committee with other proofs, documents and materials when the formal application is submitted.

- (d) video evidence

In addition, a full unedited video of one of the above presentations which took place during an accredited EMDR Europe C&A training must be provided. This will include answering questions from the audience. This video must demonstrate presentation and teaching skills meeting the highest professional standards.

or

The applicant's case assessor (or another independent EMDR Europe senior C&A trainer, appointed by the case assessor) has observed the applicant's EMDR presentation and affirms that their teaching skills have been assessed and meet the highest professional standards.

Please note: On each occasion, the assessor will use as a guide the Presenter's Evaluation Form to ensure that all applicants are being assessed to meet similar standards.

8 Ethical standing and integrity

The following signed statement concerning the validity of the statements and evidence provided, integrity in teaching and practice and willingness to adhere to the ethical and professional standards of EMDR Europe:

"I confirm that all statements and evidence I have provided to the committee are truthful and accurate. I further confirm that at all times, I will behave with integrity in my teaching and practice and that I will adhere to the ethical and professional standards and rules of EMDR Europe."

Please note: The application does not commence until all the above information and documentation has been received.

(Ratified 7th June 2020)