

## **Accredited training in EMDR**

Since 2010, EMDR therapy has been recognized as a psychotherapeutic approach (Prochaska&Norcross, 2010). In 2011, the Substance Abuse and Mental Health Services Administration (SAMHSA) in the USA recognized EMDR psychotherapy among the most evidence-based treatments, as well as the most effective treatment for anxiety, depression and PTSD. Since 2013 it is included in the recommendation issued by the WHO, as the elective psychotherapy for treating PTSD in children, adolescents and adults. This recognition is based on the outcomes of treatment effectiveness for PTSD, reported in about 24 randomized clinical trials and various meta-analysis. These meta-analyses underscore the need to maintain a rigorous treatment application of EMDR, fidelity checks of the EMDR standard protocol, that is, assessing clinician is administering treatment correctly, in order to obtain the best outcome.

Learning this approach requires a complex and extensive educational program and all EMDR international associations have made a commitment to teach it in a homogeneous and structured way, throughout the different countries. Based on research outcomes, the methodology is continuously revised and updated, as well as continuously evaluated in order to guarantee the highest training standards. These guidelines are issued by EMDR Europe Association.

Trainers are trained in each country and evaluated by international committees, the only ones recognized by the national EMDR associations and EMDR Europe to deliver accredited training in EMDR therapy. National EMDR associations support only these EMDR trainings, and there is always collaboration between the institutions that provide accredited training and the association of a given country. In each member country, the organization responsible for the EMDR Therapy Basic Training is the national EMDR association. Those professionals who attend these trainings and become members of the association, receive updated information and have access to specialized courses.

The high efficiency and empirical support of EMDR therapy has led to numerous imitations, which either take some of its ingredients, mix them up with other interventions and call it by a different name, or try to reproduce the EMDR trainings without following international standards and quality control. These trainings do not guarantee regulated learning of the methodology and are not recognized by the national EMDR associations and EMDR Europe. Through these courses, therapists cannot access international certifications as EMDR Practitioners or Consultants, and cannot attend specialized courses in EMDR therapy.

In every European country, each national EMDR association has established agreements with many institutions, professional associations, universities, and public organizations, where quality standards are guaranteed, hence safeguarding clinicians trained by officially accredited EMDR training courses, and as a consequence we are safeguarding patients.

The role of national EMDR associations is not limited to monitoring the quality of EMDR trainings. In addition, they help promote and fund research on EMDR, participate in humanitarian initiatives, and offer free activities and continued education for members.

This is why it is important that, if you are interested in EMDR trainings, you can count on the National EMDR Association of your country in order to have an EMDR Europe Approved trainer that can give recognized certification to your participants. That certification makes them eligible to be part of the National Association and also to be put in our lists. We will supporting

them to reach the level of EMDR Europe Approved Practitioner, certifying them that they have reached the highest level of competence and excellence in the practice of EMDR therapy.