



## ACCREDITATION REQUIREMENTS FOR EMDR EUROPE TRAINERS (2023)

Name:

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

### 1. Licensing/Registration

You must provide a copy of your licence/registration as a mental health practitioner or clinician in your own country and evidence that you are a member of your national association. You must also provide a copy of your consultant accreditation certificate.

### 2. Clinical Experience

You must provide:

- (a) Two videos of your EMDR practice. Both videos should be of face-to-face therapy sessions using bilateral eye movements, which should be delivered manually\*. The client's face should be visible and at the very least the hand of the therapist should be visible.

*More acceptable would be an angle giving a clear view of the client's facial expressions and body language with enough of the therapist to be able to notice the attunement and appropriate stopping and starting of the BLS.*

\*If you have a disability that would make manual BLS very difficult or impossible, you must write to the chair of the Standards Committee and ask for your mitigating circumstances to be considered, before submitting your application.

If they are not in English, the videos should be subtitled in English. It is your responsibility to make sure that the translations are accurate.

The first video should be of a complete EMDR therapy session from the end of phase 2 (explanation of EMDR, reminding of safe place and stop sign) to phase 7. Phases 1 and 8 should be provided in writing (diagnosis etc). The second video should demonstrate your ability to use a Cognitive Interweave appropriately. (This video might be quite short).

Both videos must be to the standard of an EMDR seminar teaching video. They must demonstrate that your understanding and ability to practice the EMDR protocol is at the level that would be expected of a trainer and therefore the memory you process should not be too trivial.

- (b) Proof of a minimum of 1 years' post-certification experience as an EMDR facilitator with evidence of thorough experience of clinical practice. This will include evidence of having treated acute and complex trauma and chronic complex dissociative disorders. This must be corroborated by a written statement from an accredited trainer.
- (c) Proof of attendance at a minimum of 5 complete training courses (all parts), where you were assessed to have successfully facilitated small group live practice and practical

exercises, including work with Cognitive Interweave techniques. (Written confirmation must be provided by a senior trainer).

### 3. Professional standing in the field of trauma

You must provide:

- (a) Proof of at least 40% of professional time in clinical practice (including clinical supervision).
- (b) Proof of sufficient standing within the clinical and trauma field (clinical references, publications, general reputation). (Personal references may be from academic colleagues or peers).

### 4. Teaching Experience

You 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) You must be mentored teaching parts (approximately 30 minutes each) of an approved EMDR Europe training course until you are judged by an approved EMDR Europe Senior Trainer to be competent. You must demonstrate your ability to:
  - Present the material in a clear and informative manner which adheres to Shapiro's latest edition of her text "EMDR: Principles, Procedures and Protocols".
  - Engage effectively with the audience.
  - Answer questions from the audience appropriately.
  - Demonstrate your ability to manage group process.

This must be done on a **minimum** of 4 occasions. Your mentor (senior trainer) may require you to provide further teaching presentations. The 4 presentations will be made up as follows:

- 2 presentations will be of teaching parts of the eight-phase protocol.
- 1 presentation will involve teaching the Cognitive Interweave or Blocked Processing.
- 1 presentation will involve teaching the Adaptive Information Processing model **or** outlining current EMDR related research.

The assessing EMDR Europe approved Senior Trainer must provide a written testimonial stating that you have met the above criteria.

(d) Video evidence

**In addition**, you must provide a full unedited video of one of the above presentations which took place during an accredited EMDR Europe training. This will include answering questions from the audience. This video must demonstrate that your presentation and teaching skills meet the highest professional standards. \*

or

A member of the EMDR Europe Standards Committee, who is not from your country, has observed your EMDR presentation and assessed that your teaching skills meet the highest professional standards.

\* It is expected that this recording would be of an in person teaching session to enable observation of teaching skills and interaction with the audience.

**Please note:** On each occasion, the assessing EMDR Europe approved trainer will use as a guide the Presenter's Evaluation Form in order to ensure that all applicants are being assessed to meet similar standards.

### 5. National EMDR Association

You must provide evidence (copy of your email) of the following:

- (a) Your National EMDR Association is aware of your accreditation application.
- (b) You have informed your National Association that they may supply the Standards Committee with any additional information that they consider relevant to your application.

### 6. Ethical standing and Integrity

You must include in your application the following signed statement concerning the validity of the statements and evidence that you have provided, your integrity in teaching and practice and your 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."*

**Name** ..... **Date** .....

**Your typed name will count as your signature.**

**Please note:** *Your application does not commence until all the above information has been received.*

*December 2023*