



EMDR ACCREDITED TRAINING

In the last 32 years, there has been great advancement in EMDR therapy, especially in scientific research and clinical application. Since August 2013, the WHO has been recommending EMDR psychotherapy for the treatment of trauma and trauma-related disorders in all age groups. Also the NICE recommends EMDR as a first line treatment for PTSD and so does the German social insurance. These recognitions stem from the effectiveness of the treatments and the evaluation of the positive outcomes of EMDR Therapy in treating millions of people in more than 87 countries.

EMDR Europe is a professional association that brings together clinicians and researchers who deal in a specialised way with traumatic stress and interventions with victims of PTSD and relational trauma, which underlie many psychological disorders. EMDR has also developed specific interventions and research regarding clinical groups and diagnoses beyond trauma.

The Association offers a framework of accreditation processes for initial training, consultant's and trainer's training as well as continuous training and development. Its constitution states that:

“The primary purpose of EMDR Europe Association is to establish, maintain and promote the highest standards of excellence and integrity in EMDR practice, research, and training”.

EMDR Europe is an umbrella association of 38 countries and 31,000 members. EMDR Europe Association in turn is part of the Global Alliance that unites and links EMDR Asia, EMDR Africa, EMDR Australia, EMDRIA (USA), EMDR Latin America and the Caribbean. These scientific associations establish quality requirements for training and standards of excellence: training in EMDR therapy in every country is carried out by accredited trainers who hold significant years of experience in the field of trauma and EMDR and who underwent a specific high quality training. The professional trainings recognised by our National Member Associations comply with the required EMDR Europe quality standards in a rigorous and structured manner - in order to guarantee an articulate and comprehensive training in EMDR Therapy. Furthermore, the methodology is constantly updated and evaluated on the basis of theoretical and clinical developments and scientific evidence provided by research - in order to ensure effective and practical training models.

It is important to highlight that the standard training is then consolidated through supervision conducted by specially trained Consultants also accredited by EMDR Europe Association, via their national Association.

In the standard training, the topics covered are: assessment and management of complex cases in-depth knowledge of different types of trauma and dissociation, specific knowledge of the

adaptive information processing (AIP) model and its use for case conceptualization and full mastery of the eight phases of EMDR. The training has a very significant practical component, so that participants gain experience before applying the protocol with their clients.

Therefore, once professionals undertaking EMDR training have completed these certified standard trainings, they can expand the knowledge and professional skills necessary to operate efficiently in a clinical setting through the continuous training that many Associations offer to their members, especially on innovative, applicative and research aspects in the field of trauma treatment and beyond with further and adapted EMDR protocols.

A psychotherapist trained in EMDR enriches his or her experience and clinical judgement through the integration of the new knowledge and skills acquired. This combination defines his or her competence in the professional field. To help each therapist grow and become an expert in EMDR, National Associations provide a lot of support e.g. in the form of supervision, advanced training and seminars on the various fields of application of EMDR. This advanced training leads to the EMDR Europe Accredited Practitioner certificate.

Like in many European countries and also particularly in the United Kingdom, National Health Services train their staff in the application of EMDR according to the above criteria. Moreover, job vacancies in the Health Services of European countries often specifically require EMDR accredited training with the quality standards mentioned above.