

EMDR UK & IRELAND ASSOCIATION

Guidelines for minimum accreditation requirements for mental health professional organisations for their members' eligibility to undertake EMDR Europe accredited training

If you are an accredited member of a mental health professional body which is not on our eligible to train list, you may still be eligible. Please check the list below. If your accreditation process is the same or similar to the list of requirements below, please ask your accrediting organisation to apply to the EMDR Association for their members to be recognised as eligible to train in EMDR.

Typical training requirements

The accredited member must have completed and graduated from an accredited professional counselling and/or psychotherapy training course that:

- included at least 450 hours of tutor contact hours;
- lasted at least two years (part-time) or one year (full-time);
- included a supervised placement as an integral part of the training;
- covered theory, skills, professional issues and personal development;
- includes a final assessment of competence.

One or more courses may be used to meet these requirements, but cannot include:

- short continuing professional development (CPD) training;
- courses which are not core practitioner training for counselling and/or psychotherapy;
- courses which offer a certificate of attendance, achievement or completion without any assessment.

Supervised practice requirements

The member must be in practice when applying for accreditation and must also:

- have been in practice for more than three years (these do not have to be consecutive years);
- have completed at least 450 hours of supervised practice, accumulated over three to six years. At least 150 of these hours must have followed the completion of the entire practitioner training;
- have been supervised monthly throughout this period of practice.

Supervision requirements

Applicants must have a current and ongoing contract for regular counselling or psychotherapy supervision appropriate for their caseload and skill level. Supervision can be a combination of individual and peer supervision.

Commitments

1. All applicants for accreditation must be members in good standing with their professional organisation.
2. The professional organisation must have an ethical framework in place for the counselling/psychotherapeutic professions and a professional conduct procedure to which all members agree to abide.

Application procedure

The accreditation procedure should include:

- provision of a detailed written application and an assessment process where the applicant needs to provide evidence of training, practice and supervision.
- a procedure for each applicant to provide reflective information about their practice which demonstrates their understanding of what they do and includes examples of practice.

Reaccreditation

All accredited members will be required to undergo a reaccreditation process at least every five years.