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# EMDR EUROPE

## Accredited Practitioner

## Competency-based Framework

## ALGORITHM VERSION

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### Outline of this document:

The purpose of this algorithm version of the EMDR Europe Accredited Practitioner Framework is to provide a quantitative instrument in determining competency in clinical practice of EMDR Therapy. It can be used as both a **formative** and **summative** assessment tool.

Formative Assessment is an ongoing activity to assist and guide the EMDR Supervisee in their journey towards becoming an EMDR Europe Accredited Practitioner.

More specifically formative assessment:

1. ***helps the EMDR Supervisee to identify their strengths and weakness, so as to then target areas that need further work and future development***
2. ***to identify areas were the EMDR Supervisee is potentially struggling, to then aid addressing these issues more readily***

The goal of Summative Assessment is to evaluate the competency of the EMDR Supervisee seeking EMDR Europe Accreditation as a Practitioner and marks the end of an instructional EMDR Standard Training. It also acknowledges the integration of theory into clinical practice and clinical supervision from an EMDR Europe Accredited Consultant/ Clinical Supervisor which is based on the Competency Framework Criteria.

**An Excel version of the rating instrument is available on the EMDR UK website to assist, if required, with calculating the instrument scoring for this SUMMATIVE application for accreditation.**

It may also be downloaded and used as an ongoing formative assessment tool.



**Application form and supporting documents (proof of professional registration and training certificates) to be submitted as one continuous document.**

## Section I: Applicant's details

Name:

Address 1:

Address 2:

Address 3:

Daytime Tel:

Mobile Tel:

Email:

Qualifications:

Core Profession:

Name of EMDR Europe Accredited Clinical Supervisor/ Consultant supporting this application:

EMDR Europe Clinical Supervisor/ Consultant's email address:      Date of Consultant accreditation / re-accreditation

Please indicate period during which you have provided supervision to this supervisee

Start date:

End date:

Ongoing:

*(If current supervision does not cover all clients listed here, please ensure you enclose written confirmation of supervision for these cases from the previous supervisor) :*

*EMDR Europe Practice Sub-Committee Ratified Version January 2008/updated 16102018*



## SECTION II: Criteria for accreditation as an EMDR Europe Accredited Practitioner

The following criteria for EMDR EUROPE accreditation must be met: *(Please click on box)*

1. You are a member of the EMDR Association UK

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2. You have attached copies of certificates confirming your completion of a EMDR Standard training (7 days plus 10 hours clinical supervision) delivered by a recognised EMDR Europe Accredited Trainer.

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3. You have enclosed copies of your current licence/verification/registration as a mental health professional recognised by EMDR Association UK.

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4. You have completed a minimum of two years' experience post-qualification under criterion 3.

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5. Please indicate how many years' experience you have had of using EMDR after completing EMDR Basic Training? **At least one year is required post completion of EMDR Basic Training.**

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6. Please indicate how many EMDR sessions you have conducted (**MINIMUM 50 REQUIRED AFTER BEGINNING EMDR BASIC TRAINING**) Corroborated by an Accredited EMDR Europe Clinical Supervisor. **(Please provide details using the record form below under Section III)**

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7. Please indicate how many clients you have treated with EMDR (**MINIMUM 25 AFTER BEGINNING EMDR BASIC TRAINING**) This to be corroborated by the Accredited EMDR Europe Clinical Supervisor who fully supervised the listed clients). **(Please provide details using the record form below under Section III)**

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8. No. of hours of EMDR Clinical Supervision - The applicant must demonstrate competency in all areas of Parts A, B & C of the Competency Framework. **(It is estimated that this would require a minimum of 20 hours clinical supervision from an EMDR Europe Accredited Clinical Supervisor. Note that ten hours are counted from Parts 1-3 of Basic Training. for those trained from 2011 onwards] Please note; while you may count ten hours of supervision from training, you cannot count any clients who have been discussed solely at the training)**

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9. The EMDR Clinical Supervisor supervising your application has directly witnessed your EMDR work either on video or In Vivo.

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10. You have enclosed a reference of recommendation from an Approved EMDR Clinical Supervisor regarding: your professional use of EMDR in practice; clinical supervision; consultation; ethics in practice; and professional character? **[Please refer to Section IV.]**

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11. You have paid the accreditation fee of £80 (non-refundable), preferably electronically. Payment details can be found on the website.

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12. You have stated your supervisor's name and email address details on p.1.

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13. You are aware that your EMDR Europe Accreditation Certificate is for **5 years duration**, after which, to continue being EMDR Europe accredited, and your accreditation will need to be reviewed. This will require documentation of CPD (continuing professional development) activity. The current requirements for this as laid down by EMDR UK are **'THE BIRMINGHAM CRITERIA'** (Refer to Section VI).

Signature:

Date:

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# SECTION III

Record of EMDR clinical contact activity

Client ID would normally consist of 2 or 3 letters (initials) followed by age.

CLIENT ID & SUPERVISOR INITIALS	PRESENTING PROBLEM	START DATE OF EMDR	NUMBER OF SESSIONS OF 8 PHASES OF EMDR	SETTING WHERE TREATMENT TOOK PLACE
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- 1
- 2
- 3
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NAME AND SIGNATURE OF EMDR EUROPE CLINICAL SUPERVISOR

Name:

Signature:

Date:

NAME AND SIGNATURE OF APPLICANT

Name:

Signature:

Date:

**THE MAJORITY OF THE CLIENTS LISTED MUST REFLECT THE USE OF ALL 8 PHASES**

*EMDR Europe Practice Sub-Committee Ratified Version January 2008/updated 16102018*



## Section IV: EMDR Europe clinical supervisor’s checklist – Practitioner competency-based framework – **Section to be completed by applicant’s EMDR Europe Clinical Supervisor**

EMDR Consultant/ Clinical Supervisor Accreditation Reference Guideline and Checklis	<p><b>Rating Instrument</b></p> <table border="0"> <tr> <td style="background-color: yellow; padding: 2px;">Novice</td> <td style="padding: 2px;">=</td> <td style="background-color: yellow; padding: 2px;">Score 1 Point</td> </tr> <tr> <td style="background-color: cyan; padding: 2px;">Intermediate</td> <td style="padding: 2px;">=</td> <td style="background-color: cyan; padding: 2px;">Score 2 Points</td> </tr> <tr> <td style="background-color: green; padding: 2px;">Competent</td> <td style="padding: 2px;">=</td> <td style="background-color: green; padding: 2px;">Score 3 Points</td> </tr> <tr> <td style="background-color: magenta; padding: 2px;">Advanced</td> <td style="padding: 2px;">=</td> <td style="background-color: magenta; padding: 2px;">Score 4 Points</td> </tr> </table>	Novice	=	Score 1 Point	Intermediate	=	Score 2 Points	Competent	=	Score 3 Points	Advanced	=	Score 4 Points
Novice	=	Score 1 Point											
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Advanced	=	Score 4 Points											
<p>An Excel version of the rating instrument is available on the EMDR UK website to assist, if required, with calculating the instrument scoring for this SUMMATIVE application for accreditation. It may also be downloaded and used as an ongoing formative assessment tool.</p>													

### Part A: Theoretical Framework of EMDR Therapy and the Adaptive Information Processing Paradigm

Supervisee demonstrates a grounded understanding of the theoretical basis of EMDR Therapy and the Adaptive Information Processing (AIP) Model and is able to convey this effectively to clients in providing a treatment overview [1]	Novice	Intermediate	Competent	Advanced



**Part B: The Standard Eight- Phase Protocol**

**Phase 1: History Taking:**

The Supervisee is able to ascertain an appropriate general history from the client incorporating the following elements:

	Novice	Intermediate	Competent	Advanced
Obtain a history of the origins of the disorder informed by the AIP model including dysfunctional behaviour and symptoms [2]				
Determine if the client is appropriate for EMDR Therapy? Identifies 'red flags' including screening for Dissociative Disorders				
Is able to identify appropriate safety factors including the utilisation (where appropriate) the Dissociative Experience Scale (DES II), Risk Assessment, Life Constraints, Ego Strength, and the availability of support structures				
Demonstrates an ability to conceptualise the case utilising the AIP model				
Clarifies the client's desired state following therapeutic intervention				
That the client is able to effectively deal with high levels of physical and emotional disturbance				
To determine appropriate target selection and target sequence plan considering past, present & future				
In cases of multiple targets to utilise either prioritising or clustering				
Identify a 'touchstone memory' event that relates to the client's issue				

## Part B: The Standard Eight- Phase Protocol

### Phase 2: Preparation

The supervisee can establish an effective therapeutic relationship in conformance with National or Professional standards and Code of Conduct. The supervisee is effective in:

	Novice	Intermediate	Competent	Advanced
Obtaining informed consent from clients				
Testing the Bilateral Stimulation (BLS)/ & Dual Attention with clients				
Teaching and checking the client's ability to self-regulate including the utilisation of the 'Safe/ Secure Place' exercise and Resource Installation with clients				
Making the client aware of the 'Stop' signal				
Demonstrating an effective ability in addressing client's concerns, fears, queries or anxieties				
Utilisation of effective metaphors in explaining EMDR Therapy to clients				

### Phase 3: Assessment

During the 'Assessment Phase' the supervisee determines the components of the target memory and establishes baseline measures for the client's reactions to the process

	Novice	Intermediate	Competent	Advanced
Selecting target image and worst aspect				
Identifying the Negative & Positive Cognitions				
Establishing negative cognitions that are a currently held, negative self-referencing belief, that is irrational, generalisable and has affect resonance that accurately focuses upon the target issue				
Ensuring cognitions are within same domain/ matched category				
When necessary the supervisee effectively assists the client in identifying a pertinent NC & PC				
Utilising the Validity of Cognition (VOC) scale at an emotional level and in direct relation to the target				
Identifying emotions generated from the target issue or event				
Consistently using the Subjective Units of Disturbance [SUD's] scale to evaluate the total disturbance				
Identifying body sensations and location				



### Part B: The Standard Eight- Phase Protocol

#### Phase 4: Desensitisation

During the 'Desensitisation Phase' the supervisee processes the dysfunctional material stored in all channels associated with the target event and any ancillary channels:

	Novice	Intermediate	Competent	Advanced
By reminding clients to just 'notice' whatever comes up during processing whilst encouraging the client to not discard any information that might be generated				
Being aware that changes during processing relate to images, sounds, cognitions, emotions and physical sensations				
Demonstrating competency in the provision of Bilateral Stimulation emphasising the importance of eye movements, and when necessary the utilisation other forms of BLS/ Dual Attention				
Demonstrating post 'Set' interventions, and evidence of 'staying out of the way' as much as possible				
Engaging in the use of verbal & non-verbal reassurance to client's during each 'Set'				
Maintaining momentum throughout the desensitisation stage with minimalist intervention where possible				
Returning to target when appropriate				
When processing becomes blocked appropriate interventions are utilised including alteration in the Bilateral Simulation and/or the utilisation of Cognitive Interweaves				
Please specify examples of effective cognitive interweaves utilised during the Desensitisation Phase when processing has become blocked				
Effectively managing client's heightened levels of affect accelerating and de-accelerating as appropriate				





### Part B: The Standard Eight- Phase Protocol

#### Phase 5: Installation

During the 'Installation Phase' the supervisee concentrates primarily upon the full integration of a positive self-assessment with the targeted information:

	Novice	Intermediate	Competent	Advanced
The supervisee enhances the Positive Cognition (PC) linked specifically with the target issue or event				
The Positive Cognition is checked for both applicability and current validity, ensuring the PC chosen is the most meaningful to the client				
Utilising the Validity of Cognition scale to evaluate the Positive Cognition				
Addressing any blocks during the 'Installation Phase'				
If new material emerges supervisee effectively returns to the most appropriate phase of the EMDR Protocol or the utilisation of an 'Incomplete Session'				

#### Phase 6: Body Scan

During the 'Body Scan Phase' the supervisee considers the link between the client's original memory/event and the discernible physical resonance that this may generate:

	Novice	Intermediate	Competent	Advanced
The supervisee enables clients to hold both the memory/ event and the positive cognition in mind, whilst mentally scanning their entire body to identify any lingering tension, tightness or unusual sensation and apply Bilateral Stimulation (BLS)				
The supervisee is prepared for further material to surface and to appropriately respond by either returning to the most appropriate phase of the EMDR Protocol or the utilisation of an 'Incomplete Session'				



### Part B: The Standard Eight- Phase Protocol

#### Phase 7: Closure

The Supervisee should consistently close a session with proper instructions leaving the client in a positive frame of mind and to end the session safely:

	Novice	Intermediate	Competent	Advanced
Allowing time for closure				
Utilising the debrief				
Effectively utilising the 'Incomplete Session'				
Incorporating appropriate containment exercises and safety assessment				
Encouraging clients to maintain a log between sessions				

#### Phase 8: Re-evaluation of the previous session

During the 'Re-evaluation Phase' the supervisee consistently assesses how well the previously targeted material has been resolved and determines if new processing is necessary. The supervisee actively integrates the targeting session within an overall treatment plan:

	Novice	Intermediate	Competent	Advanced
Returning to previous targets				
Identifying client evidence of re-adjustment				
Clarifying if the individual target has been resolved				
Determining if other material has been activated and that needs addressing				
Ensuring all necessary targets have been processed in relation to the past, present and future				
Utilising, when necessary, the 'Future/ Positive Template'				
Determining if the client has readjusted appropriately to their social system				
The supervisee effectively terminates therapy				



**PART C:**

	Novice	Intermediate	Competent	Advanced
Supervisee demonstrates an understanding of PTSD and traumatology				
Supervisee demonstrates an understanding of using EMDR Therapy either as part of a comprehensive therapy intervention or as a means of symptom reduction. Identifying client evidence of re-adjustment				
Supervisee demonstrates experience in applying the standard EMDR protocol and procedures to special situations and clinical problems, including recent events, phobias, excessive grief and somatic disorders				

**Instrument Scoring**

	Novice	Intermediate	Competent	Advanced
Total of Each Column				
MULTIPLY BY	<b>x1</b>	<b>x2</b>	<b>x3</b>	<b>x4</b>
Total Score for each column				
<b>TOTAL SCORE</b>				
Minimum Score Needed: 174				



**PART D**

**1. Please specify the context within which the EMDR Clinical Supervision/Consultation took place and the number of hours.**

Face to face (individual) – Specify hours:

Face to face (group) – Specify hours:

Telephone/Skype – Specify hours:

Email – Specify hours:

Other – Specify hours:

**2. Please specify your reasons for recommending your supervisee's accreditation as an EMDR Europe Practitioner?**

NAME AND SIGNATURE OF EMDR EUROPE CLINICAL SUPERVISOR

Name:

Signature:

Date:

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I confirm that the Applicant for Accreditation for EMDR Europe Accredited Practitioner has completed a minimum of 20 Hours Clinical Supervision/ Consultation:

I confirm that I have personally supervised the work of

as outlined in

1. the enclosed reference
2. the attached competency framework document in relation to each of the cases listed

I confirm that s/he has conformed to the level of attainment as stated and prescribed by the Association.

I attest that this is an honest and valid evaluation of the supervisee's competencies

I understand that if for any reason information is forthcoming to suggest that the above conditions were not met the consultant and/or supervisee may forfeit their accreditation and possibly Association membership.

EMDR Clinical Supervisor/Consultant Signature:

Print Name:

Date:

Consultant's Signature:

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## Section V: Second reference in support of the application for EMDR Europe Accreditation

This reference forms part of the application process for accreditation as an EMDR Europe Practitioner

I support this application for EMDR Europe Accreditation as an EMDR Europe Practitioner for:

Name of Applicant:

I know the applicant from the following context:

*Please click on box:*

Head of Service/ Clinical Manager

Professional Colleague

Academic Colleague

Clinical Supervision Group member

To the best of my knowledge I can confirm that the applicant's professional practice is in accordance with the ethical guidelines of their respective professional organisation.

Please print name:

Signature: \_\_\_\_\_

Date:

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Please note that only electronically completed documentation will be considered. In order for your application to be considered thoroughly, please ensure that all necessary information is provided.

Incomplete applications will be returned to applicants.

Thank you for your application.

Alison Russell - Chair, EMDR UK Accreditation Committee



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## Additional Information

Please use this page if you any additional space for your answers and mark clearly what section your additional notes refer to.