EMDR Association UK & Ireland

Guidelines regarding frequency and quantity of EMDR supervision

The requirements regarding supervision for each EMDR therapist will depend on:

- which stage they are at in relation to the development of their skills in their core profession
- which stage they are at in relation to their development as an EMDR therapist

For example a therapist who has just completed their basic training in EMDR is likely to require more frequent and lengthy periods of supervision.

EMDR supervision should be regarded as specialist supervision additional to any supervision required by the therapist's employer or core profession.

In general the minimum requirements for supervision are recommended to be as follows:

- at least once per month
- at least one hour per month individual supervision or at least two hours per month group supervision (in a group of no more than 6 supervisees)
- an 'SOS' facility whereby the supervisor can be contacted between scheduled sessions for a brief telephone/Skype consultation or can be asked a specific question by email

For a variety of reasons, many supervisees will require in excess of these minimums.

Supervision for the purposes of Accreditation

It should be noted that the minimum of an hour's supervision per month would equate to at least 10 hours supervision over the course of a year. If an EMDR therapist wishes to apply for accreditation after the minimum period of 12 months required after completing their EMDR training, they would have completed the minimum number of hours of supervision required post-training in order to apply for accreditation within this time.

It should always be stressed, however, that accreditation is 'competency based' and depends ultimately on the EMDR Consultant supervisor being satisfied that the supervisee uses the Standard Protocol competently.
www.emdrassociation.org.uk/training/practitioners_accreditation.htm

After a therapist has achieved EMDR accreditation, they should continue to use EMDR in a professional manner, not working beyond their competencies in terms of training and experience. It is not good practice ethically to practice EMDR without supervision. It is also in your best interests to ensure you engage in specialist EMDR supervision in the event of any complaint regarding your EMDR practice.

Supervision when not seeking Accreditation

An individual who is not seeking accreditation can obtain supervision from accredited individuals who are Consultants-in-training or from peer supervision groups, where supervision from an EMDR Europe Accredited Consultant supervisor is not available.

Supervision of Supervision

There is no specific training to be a supervisor in EMDR beyond the Consultants training. It is the supervisor's responsibility to gain appropriate training as a supervisor.

There are no minimum guidelines regarding the supervision of supervision. EMDR Consultants and Consultants-in-training should seek supervision at a level that is necessary for them to practice safely and responsibly.

Guideline agreed at Board Meeting of EMDR Association UK & Ireland 12.12.14
Revised Sept 2019