

Guidance for good practice in EMDR for clinicians working with children and adolescents in the UK.

Purpose

The purpose of these guidelines is to help you as an EMDR practitioner to consider whether you *already* have the qualifications and experience to apply your EMDR skills to the child and adolescent population or whether *you require further professional training and supervision* before doing so.

Standard EMDR Training (previously referred to as basic or generic training)

Following standard training, experienced C&A therapists can work with children with a developmental age above 14 with specialist EMDR clinical supervision. This should be provided by a C&A EMDR Europe Accredited Consultant, or an EMDR Europe Accredited Consultant who has sufficient C&A experience to provide appropriate supervision, and who should themselves have completed C&A level 1 and 2 training.

EMDR training relies on clinicians being fully qualified professionals in their core mental health discipline. This professional training would be expected to include an understanding of child development and developmental issues, as well as demonstrating clinical competence in working ethically and collaboratively with children, young people, family and wider systems for effective assessment, formulation and therapeutic work to meet eligibility for C&A developmental protocol training.

The Need for Specialist Training

Only those who have the necessary Mental Health training to utilise EMDR safely are accepted onto the Standard training. Regardless of your specific core professional training, whether it be in psychology, psychiatry, counselling, family therapy or nursing your relevant professional Code of Conduct expects you to work only within your area of competence.

Completion of the Standard training does not in itself equip you to apply your EMDR skills to children and adolescents. If your core profession trained you to work in the field of adult mental health your professional registration body would not consider you qualified to work with children and adolescents without further training.

If your core professional training does entitle you to work with children and adolescents and you are experienced in this work, then you are likely to recognise the need for additional EMDR training to consider the developmental needs of each child or adolescent you work with.

Provision of EMDR C&A training and Supervision

In the UK EMDR Child and Adolescent training is available from Europe Accredited EMDR Child Trainers across the country.

*Eligibility for **Level 1** EMDR Child and Adolescent training:*

Clinicians must have;

as a minimum, attended a Part 1 of a Standard EMDR Europe accredited course and received supervision of your clinical EMDR work (usually included as Part 2 or day 4 in your Standard training.) It is desirable and **highly recommended** that you attend a Level 1 EMDR Europe Accredited Child and Adolescent Training course after gaining some experience of using the Standard Protocol with at least 3 appropriate clients.

- worked full time with children/adolescents for minimum of one year or part-time equivalent and
- currently working regularly with children and adolescents.

Or

- in some instances it may be appropriate where clinicians are working with adults with intellectual disabilities or who were traumatised during childhood. This may be at the discretion of your trainer.

*Eligibility for **Level 2** (advanced) EMDR Child and Adolescent training:*

Clinicians should;

- be sufficiently experienced in using EMDR and have completed all parts of the standard EMDR training before training at Level 2 C&A EMDR training
- leave a minimum gap of 6 months between completing Level 1 and Level 2 child and adolescent EMDR training or have met suitable competencies within supervision
- should have used EMDR with a range of children and adolescents using the EMDR developmental protocol for C&A under C&A consultant supervision.

Applicants are advised to check with the EMDR Europe Accredited Child and Adolescent Trainer providing the training for any additional eligibility criteria.

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