

## **EMDR THERAPY TRAINING**

Trauma Recovery, EMDR Humanitarian Assistance Programs' EMDR Therapy training consists of two 3-day trainings (typically held two to four months apart) and 10 hours of post-training consultation (from our consultant directory).

### **EMDR Therapy Part 1:**

20 hour course of study over a three day period

- This includes 10 hours of didactic + 10 hours of supervised practice

### **EMDR Therapy Part 2:**

20 hour course of study over a three day period

- This includes 10 hours of didactic + 10 hours of supervised practice

### **Post-training required consultation:**

10 hours of consultation with an approved consultant listed on our website, in the Trauma Recovery/HAP consultant directory

- 4-6 hours recommended between Part 1 & Part 2

### **Trauma Recovery/HAP Basic EMDR Training Eligibility Requirements:**

1. Employment with a non-profit or public sector organization
2. EMDR training is also available to full time students enrolled in a Master's or Doctorate level program in the mental health field (Social Work, Counseling, Marriage Family Therapy, Psychology, Psychiatry, Psychiatric Nursing).
3. *Clinical requirements:*
  - All participants in the Training must be licensed or on a licensure track.
  - Master's Degree or Ph.D. students:
    - Degree must be in a mental health field that will lead to licensure after graduation
    - Must be in clinical portion of training (first year students are not eligible)
    - Must be working under the supervision of a licensed clinician

## **REQUIREMENTS FOR EMDR INTERNATIONAL ASSOCIATION (EMDRIA) ADVANCED CERTIFICATION IN EMDR THERAPY (Not required to practice EMDR Therapy):**

- Licensed professional with minimum of two (2) years of experience in their field.
- Completion of an EMDRIA approved training program in EMDR therapy.
- Have conducted a minimum of fifty (50) clinical sessions in which EMDR was utilized.
- Have used EMDR with at least twenty five (25) different clients.
- Have received twenty (20) hours of consultation in EMDR by an Approved Consultant.
- Complete twelve (12) hours of continuing education in EMDR every two years.
- Two letters of recommendation regarding professional utilization of EMDR, ethics in practice, and professional character.
- Letter of recommendation from one or more Approved Consultant(s) in EMDR.

## **EYE MOVEMENT DESENSITIZATION & REPROCESSING THERAPY**

World Health Organization (WHO, 2013) Guidelines for the management of conditions specifically related to stress indicated that *trauma-focused CBT and EMDR are the only psychotherapies recommended for children, adolescents and adults with PTSD.*

“Eye movement desensitization and reprocessing (EMDR): This therapy is based on the idea that negative thoughts, feelings and behaviors are the result of unprocessed memories. The treatment involves standardized procedures that include focusing simultaneously on

- spontaneous associations of traumatic images, thoughts, emotions and bodily sensations and
- bilateral stimulation that is most commonly in the form of repeated eye movements.

Like CBT with a trauma focus, EMDR aims to reduce subjective distress and strengthen adaptive beliefs related to the traumatic event. Unlike CBT with a trauma focus, EMDR does not involve (a) detailed descriptions of the event, (b) direct challenging of beliefs, (c) extended exposure, or (d) homework.”

Shapiro’s (2001) Adaptive Information Processing model posits that EMDR therapy facilitates the accessing and processing of traumatic memories and other adverse life experience to bring these to an adaptive resolution. After successful treatment with EMDR therapy, affective distress is relieved, negative beliefs are reformulated, and physiological arousal is reduced. During EMDR therapy the client attends to emotionally disturbing material in brief sequential doses while simultaneously focusing on an external stimulus.

### Trauma Recovery, EMDR Humanitarian Assistance Programs – An Overview:

- Trauma Recovery/HAP was started nearly 20 years ago by Dr Shapiro after the Oklahoma City bombing.
- Since that time, we have coordinated projects throughout the U.S. and internationally in more than 30 countries.
- In 2014 the UN Committee on Non-Governmental Organizations recommended that the UN Economic and Social Council grant EMDR Humanitarian Assistance Programs Special Consultative Status.
- Trauma Recovery/HAP was the recipient of the 2011 International Society for Traumatic Stress Studies (ISTSS) Sarah Haley Memorial Award for Clinical Excellence.
- Francine Shapiro personally trains all of our EMDR trainers, after which they go through our rigorous and well-documented Faculty Academy training process.
- We provide training to non-profit and government organizations.
- The goals of Trauma Recovery/HAP include educating the public about the effects of trauma and providing support for professionals working with underserved populations.
- Last year, Trauma Recovery/HAP trained over 2000 clinicians from non-profit and government organizations from 29 states across the nation. These agencies provide services to children, families, veterans, active military, individuals struggling with substance abuse and other vulnerable populations.
- The passion of those who use EMDR therapy is evident through the commitment of our hundreds of volunteers who continue to donate their own time to provide EMDR therapy training.
- Trauma Recovery/HAP collaborates with inner-city non-profit agencies to provide trauma education workshops and clinical trainings. It also coordinates a Trauma Recovery Network of regional associations where passionate volunteer clinicians become proficient at emergency response methods, and collaborate with local response organizations.
- Groups of EMDR trained clinicians gather at EMDR International Association (EMDRIA) Regional Network meetings as a community of support and training across the nation.