



July 13, 2010

Dear EMDRIA Approved Consultants,

Some EMDRIA Approved Consultants have asked how to respond to requests for EMDR consultation from clinicians who have not attended an EMDRIA Approved Basic Training Program, but have attended a program purporting to teach EMDR. Although there is no defined policy regarding consultation in this circumstance, we do offer some guidelines.

EMDRIA has not reviewed all unofficial EMDR trainings so we cannot determine what critical components of EMDR might have been covered or overlooked; however, the unofficial programs that we have examined have all evidenced significant deficiencies and/or errors – and they have attempted to teach EMDR in 6-12 hours rather than EMDRIA's minimum Basic Training requirement of 50 hours. Because of this track record, and in the interest of client welfare, we believe that any EMDR training that has not been reviewed and approved by EMDRIA cannot be assumed to be adequate and/or valid, and trainees of the program should be assumed to be unprepared to use EMDR safely and effectively.

We applaud ANY clinician who seeks consultation to further his/her clinical skills. We also recognize that as consultants we have an ethical obligation to advise clinicians to practice within their competency for both public safety and professional liability. Therefore, we suggest the following response to clinicians who have not fully or partially completed an EMDRIA Approved Basic Training requesting EMDR-specific consultation from EMDRIA Approved Consultants:

- a. Clarify that the training that they have received does not provide sufficient training to supply the necessary platform of basic skills to safely practice the EMDR approach with clients. This may be a surprise to the clinician – many of the individuals who receive “EMDR training” do not recognize that there are requirements for Basic Trainings in EMDR defined by EMDRIA, and that those claiming to “teach EMDR” must receive approval of their training program by EMDRIA.
- b. Clarify that since s/he has not fully completed an EMDRIA Approved Basic Training, they cannot work toward EMDRIA Certification. Any consultation they receive will not count toward the 20 hours of consultation required for EMDRIA Certification. You may also want to clarify that they cannot attend any EMDRIA Approved Credit Programs that require partial or full completion of an EMDRIA Approved Basic Training.
- c. Encourage the clinician to attend an EMDRIA Approved Basic Training. Direct the clinician to www.emdria.org for more information about EMDRIA Approved Basic Training courses.
- d. Advise the clinician that you will not provide consultation specific to the application of EMDR until they complete an EMDRIA Approved Basic Training course.
- e. If it is within your competency, skills, and comfort as a general practitioner and clinical consultant, you may choose to offer general clinical consultation to the clinician, including non-EMDR treatment methods for trauma and trauma related disorders.
- f. Note that non-approved “EMDR Training” courses do not necessarily require that attendees meet the minimum eligibility requirements required by EMDRIA (mental health field licensure, supervision toward licensure, or graduate level internship), so you should determine whether the individual is appropriate for general clinical consultation.

We encourage you to always provide consultation that is within your competency and scope of practice in order to protect the public safety, maintain professional standards of practice, and reduce any liability risks.

This document can also be located in PDF form here:

http://www.emdria.org/resource/resmgr/Files/EMDR_Consultation_Letter.pdf

Thank you,

EMDRIA Standards and Training Committee