##### Open Like Blue Sky

##### EMDR Basic Training

##### Course Summary and Requirements

Our EMDR Basic Training is equivalent to a post-graduate course which involves very active study and participation. The course is structured around:

* 20 hours of lecture/presentations
* 20 hours of guided clinical practice with fellow students
* 10 hours of consultation on your clinical work

**Outside of class, students will need to**

* read several textbooks
* view asynchronous video presentations
* do clinical work outside of class
* complete and pass a quiz and a final test
* demonstrate appropriate mastery of the methods of EMDR

All students must complete all course content, required readings, videos, and assignments related to this training. All students must also attend all 50 hours of the training or make up any missed time at $50 per hour.

##### Objectives: Upon completion of the course, students will be able to:

1. Present an overview of the history of EMDR.
2. Describe the AIP model, the eight phases of EMDR, and underlying mechanisms of EMDR Therapy.
3. Be able to prepare clients for EMDR therapy.
4. Discuss clinical applications of EMDR Therapy and have the ability to integrate EMDR into clinical practice.
5. Demonstrate competence in implementing and integrating EMDR Therapy with fidelity to the method of EMDR.
6. Integrate EMDR Therapy into a comprehensive intervention plan using the AIP model to guide the development of a case conceptualization and treatment plan.

### **Cancellations and Refunds/ Missed Time**

Please note that a $100 fee applies to those canceling less than 20 days before the first day of the workshop. No refunds for cancellations less than 3 days prior to the start of class. Students who withdraw from the training at any time after the first day of class still owe the full fee for the class. Any missed class time must be made up through a consultant at a maximum fee of $50 per hour. Missed course time must be made up within one year.

**Technical requirements**

Zoom Technology requirements

* + An internet connection – broadband wired or wireless (3G or 4G/LTE)
	+ Speakers and a microphone – built-in or USB plug-in or wireless Bluetooth
	+ A webcam or HD webcam - built-in or USB plug-in
	+ Or, a HD cam or HD camcorder with video capture card
* Supported operating systems
	+ macOS X with macOS 10.7 or later
	+ Windows 7 or later
* Supported tablet and mobile devices
	+ Surface PRO 2 or higher running Win 8.1 or higher
	+ iOS and Android devices
	+ Blackberry devices
* Supported browsers
	+ Windows: IE 11+, Edge 12+, Firefox 27+, Chrome 30+
	+ Mac: Safari 7+, Firefox 27+, Chrome 30+
	+ Linux: Firefox 27+, Chrome 30+

Processor and RAM requirements

|  |  |  |
| --- | --- | --- |
|  | **Minimum** | **Recommended** |
| Processor | Single Core 1Ghz or Higher | Dual Core 2Ghz or Higher (i3/i5/i7 or AMD equivalent) |
| RAM | N/A | 4Gb |

Thinkific Technology Requirements

In order to make sure Thinkific runs well, please make sure your computer/device has the following:

* The most recent version of a web browser listed below
* JavaScript enabled
* PDF plugin
* Graphic and audio output capability
* Broadband internet connection with a minimum speed of 5Mbps (recommended)
* TLS 1.2 supported by your web browser
* Supported browsers:
* Desktop: Chrome, Firefox, Safari, and Microsoft Edge
* Mobile: iOS Safari: 11 and up, Chrome, Samsung Internet
* Note: Thinkific does not support Internet Explorer

**Basic Training Certificate:**

Students who complete the above requirements will receive a certificate to provide documentation they have successfully completed the course, and thus will meet the Basic Training requirements that are necessary to apply for certification *(Note: this is NOT the same as certification, it is simply the first step toward certification).*

Students will then be able to apply for membership in EMDRIA; be listed in the EMDRIA Directory and on the EMDRIA web site; be encouraged to attend the local EMDR Network meetings and the Annual EMDRIA International Conference.

In order for you to complete this course and get your Basic Training Certificate, you must:

* Complete/participate in:
	+ all required videos
	+ all class meetings and live video presentations
	+ all 20 hours of practicum time
	+ all 10 hours of consultation
	+ an appropriate number of optional and encouraged discussions and ALL required discussions
* Demonstrate appropriate competence for Basic Trainees
* Pass the test with a score of at least 80%
* Complete at least one session of processing with at least one client.
* Arrange to hire a Consultant-In-Training or Approved Consultant to make up any missed time, typically at $50/hr. We can connect with with someone as needed.
* Complete ALL requirements within 1 year of the first live lesson (most participants finish within 4 months).

In Buffalo EMDR Training Institute, we really, really believe in EMDR Therapy. And we believe in it being done correctly, because we know how much better the results are when it is done with high fidelity. As a result, we run this course with very high expectations. We maintain high standards. However, we run the course based on criterion based mastery, meaning we set the bar high. We strive to do everything we can to help you understand what you are doing and to meet those standards.

If you MUST miss any significant class meetings or live presentations, then you MUST make up all missed time. On occasion, this can be done by joining the appropriate sessions of a future class. Sometimes this time must be made up by hiring and working with one of our Approved Consultants or Consultants-in-training, which costs $50 per hour. This is an EMDRIA requirement and is beyond our control.

**Certification in EMDR:**

Getting certified in EMDR, as we noted, is an additional process. Applicants must meet the following criteria:

1) show evidence of having completed an EMDRIA-Approved Basic Training program;

2) Show evidence of a license/certification/registration as a mental health professional;

3) show documentation that he/she has at least two years’ experience in their field of license/certification/registration;

4) show documentation that the applicant has conducted at least 50 EMDR sessions with no less than 25 clients;

5) show documentation that he/she has received 20 hours of consultation by an Approved Consultant in EMDR. At least 10 of these hours must be obtained through individual, (face-to-face) EMDR-focused consultation. (Provisions will be made for those therapists who practice in isolated areas and lack the convenient proximity to an Approved Consultant). The remaining 10 hours may be obtained through small group consultation;

6) provide a letter or letters of recommendation from one or more Approved Consultant(s) in EMDR regarding the applicant's utilization of EMDR while in the consulting relationship;

7) provide two letters of recommendation regarding their professional utilization of EMDR in practice, ethics in practice, and professional character;

8) show completion of at least 12 hours of EMDRIA Credits in EMDR during every two year period.

*A listing of all EMDRIA Approved Consultants can be found on the EMDRIA website*: [www.emdria.org](http://www.emdria.org/).

**Ethics:**

It is the expectation of Buffalo EMDR Training Institute and the EMDR International Association (EMDRIA) that you will adhere to the affects of your specific profession.Make sure that you are familiar with the ethical guidelines of your profession so that you can make use of them during this training. Additionally please review and adhere to [EMDRIA Code of Conduct.docx](https://files.cdn.thinkific.com/file_uploads/285326/attachments/208/c18/152/EMDRIA_Code_of_Conduct.docx).

**REQUIRED Reading:**

*Hensley, B. (2016). An EMDR therapy primer : from practicum to practice. New York: Springer Publishing Company, LLC.*

*Shapiro, F. (2018). Eye Movement Desensitization and Reprocessing: Basic principles, Protocols and (3rd Ed). New York: Guilford Press.*

**Strongly Recommended Readings:**

*Leeds, A. (2016). A guide to the standard EMDR therapy protocols for clinicians, supervisors, and consultants. New York, NY: Springer Publishing Company, LLC.*

* *This is a great book that includes invaluable content to complement the primary text.*

Kolk, B. (2014). *The body keeps the score : brain, mind, and body in the healing of trauma*. New York, New York: Viking.

* If you are not really familiar with the causes, nature, and effects of trauma, please read this book. It will make a lot of the rest of the class make more sense.

*Young, J., & Klosko, J.(1994). Reinventing Your Life. New York: Penguin.*

* *EMDR- via AIP- is all about conceptualization. Schemas are a fantastic way of developing conceptualizations and using EMDR effectively and efficiently.*

**ASSIGNMENTS:**

This course is based on the graduate school training provided by the course developers at the University at Buffalo Graduate School of Social Work. As such, it includes several assignments. (It also includes a series of tests, as required by the EMDR International Association (EMDRIA)). The assignments are not required, but can *really help* each student think deeply about the content and organize their experience of the learning. Two of the assignments are in the binder after the syllabus. Please review them there.

The handbook assignment is largely already done for you in that you have already printed out and organized the contents in the binder. The ongoing part of this is to make use of your binder to organize content- by adding and removing content based on your needs.

The Brief Response Questions (attached) are designed to help you deepen and develop your understanding of EMDR. Also please note the Annotated Bibliography in this section.

The Journal is a way for you to record, track, and remember your learning, questions, insights, comments, etc. You are strongly encouraged to use discussion to explore and ask questions about course content or processes. However, sometimes the best way to do this is via live discussion, which will occur during live sessions. Keep track of the more in-depth questions, comments, and experiences you have through your journal. The journal is a great way to make notes about what happens when you install safe/calm place or do your first reprocessing with a client.

**HIPAA ALERT!**

In line with the new HIPAA regulations concerning protected health information, it is important to understand that any case information presented, will need to be de-identified unless there is a signed release from the client giving permission to disclose to the entire class.  What this means is that *any* information which would allow someone to know the identity of the person being discussed, name, birth date, diagnosis, race/ethnicity, gender, or any other detail that would allow for identification, needs to be changed or eliminated. .  If diagnosis, race/ethnicity, or gender is directly related to the case presentation it can be included if you are confident it will not allow for identification.

**Participation in Class and Supervised Practice:**

Each student will be involved in 20 or more hours of direct supervised practice in EMDR (practicum) during the class, and will be expected to present EMDR case-related questions and issues to class. Observation of performance in practicum in the latter part of the course will provide information for the instructor to use in assigning a competence grade. Individual students may be asked to submit a videotape of a session if the instructor, for whatever reason, feels she needs additional information on which to base the competency exam grade. In addition, any student is free to submit a videotape to the instructor, even if it is not requested by the instructor.

**Some Additional Resources**: The course web page has many useful links posted, including those noted below. If you’re aware of one that would be helpful to your classmates, please email one of the instructors with the link and a brief description of its content and utility.

* *EMDR International Association (EMDRIA*): Professional association that sets professional standards, approves training/university courses, publishes a newsletter, certifies EMDR practitioners, consultants & instructors, and organizes an annual conference: 512-451-5200. [www.emdria.org](http://www.emdria.org/).***EMDRIA also provides a current list of EMDR-related research citations as well as a contact information for all EMDRIA Approved Consultants***.
* *EMDR Institute Website:*[*http://www.emdr.com*](http://www.emdr.com/)*:* Training schedules, information about research, contact information for regional sponsors, Humanitarian Assistance Program information (HAP).
* *Greater Buffalo EMDRIA Regional Meeting*. This group is open to anyone completing EMDRIA approved training in EMDR. The Network meets approximately every 6 weeks. Meetings include either a presentation on topic or case discussions.  Some meetings will count for EMDRIA CEUs. *International Society for Traumatic Stress Studies* *(ISTSS)*. Organization for professionals interested in trauma. Publishes a journal, newsletter, membership directory, and organizes an annual conference: 847-480-9028. www.istss.org
* *International Society for the Study of Trauma & Dissociation* *(ISSTD)*. Society that promotes research and training in the identification and treatment of dissociative disorders provides professional and public education about dissociative states, publishes a journal, and organizes an annual conference.  847-480-0899 [www.issd.org](http://www.issd.org/)
* *EMDR Institute Discussion List*:  Join the EMDR Institute Discussion List. Send a subscription request to: <http://lists.emdr.com/mailman/listinfo/emdrlists.emdr.com>

**Use of EMDR Therapy with Clients**: Participants are encouraged to use trauma-focused (standard protocol) EMDR Therapy with their clients throughout the course after Day 3 of the course. Until that time, work with clients is focused on EMDR Therapy assessment, history-taking, preparation (including establishing a safe place), and Resource Development and Installation. EMDR Therapy should be used only with those problems and client populations with which the practitioner is experienced; training in EMDR Therapy does not constitute adequate training in and of itself to address specific problem areas (e.g., trauma) or client populations (e.g., abuse survivors). Clients should be informed about EMDR Therapy and your experience with EMDR Therapy prior to using it with them. After completing the course, all participants are strongly encouraged to seek additional supervision from experienced EMDR practitioners, ideally, EMDRIA-approved consultants.

Brief Response Questions:

* Please note that you can enhance your learning by using the [Brief Response assignments.docx](https://files.cdn.thinkific.com/file_uploads/285326/attachments/3b0/160/13e/Brief_Response_assignments.docx) to explore content of the course and your developing ra]relationship to it. This is not required and does not get submitted.

Annotated Bibliography:

* If you care to expand your learning after the course, you can use this [Annotated Bibliography.docx](https://files.cdn.thinkific.com/file_uploads/285326/attachments/4a1/650/f64/Annotated_Bibliography.docx) to read more about EMDR and related topics.