



Minimum accreditation requirements of mental health professional organisations for their members to be eligible to undertake EMDR Europe-accredited training in the UK

If your mental health professional organisation is not on our eligible training list, your organisation may still qualify. Please review the list below.

If your organisation's accreditation process is similar to the requirements outlined, we encourage you to ask your accrediting organisation to apply to the EMDR Association for recognition of their accredited members as eligible to train in EMDR.

Example of typical training requirements

We expect the organisation's accredited members to have completed and graduated from an accredited professional counselling and/or psychotherapy training course that:

- includes at least 450 hours of tutor contact hours;
- lasts at least two years (part-time) or one year (full-time);
- includes a supervised placement as an integral part of the training;
- covers theory, skills, professional issues and personal development;
- includes a final assessment of competence.

One or more courses may be used to meet these requirements, but cannot include:

- short continuing professional development (CPD) training;
- courses which are not core practitioner training for counselling and/or psychotherapy;
- courses which offer a certificate of attendance, achievement or completion without any assessment.

Supervised practice requirements

The member must be in practice when applying for accreditation and must also:

- have been in practice for more than three years (these do not have to be consecutive years);
- have completed at least 450 hours of supervised practice, accumulated over three to six years. At least 150 of these hours must have followed the completion of the entire practitioner training;
- have been supervised monthly throughout this period of practice.

The organisation must require its accredited members to have current and ongoing Supervision appropriate for their caseload and skill level.

Commitments

1. The organisation must ensure only members in good standing are able to become accredited.

2. The organisation must have an ethical framework in place for the counselling/ psychotherapeutic professions and a professional conduct procedure to which all members agree to abide.

We expect the organisation to have an accreditation procedure that includes:

- provision of a detailed written application
- an assessment process where the applicant needs to provide evidence of training, practice and supervision.
- a procedure for each applicant to provide reflective information about their practice, which demonstrates their understanding of what they do and includes examples of practice
- a reaccreditation process at least every five years.