

Health Education England (HEE) Entry Requirements for EMDR Training

Only applies if you work in NHS England Talking Therapies/IAPT, Adult Community Mental Health and Perinatal Health Services

Core professional training in a psychological therapy and experience of delivering the therapy is a prerequisite for entry into EMDR training.

Recruited candidates must be one of the following:

- o HCPC registered Clinical, Counselling, Educational or Forensic Psychologist
- o BABCP Accredited CBT Therapist

- o GMC registered Medical psychotherapist having completed higher specialist training in psychotherapy

- o British Association for Counselling and Psychotherapy (BACP) Accredited
- o United Kingdom Council for Psychotherapy (UKCP) Registered as a Psychotherapist or Psychotherapeutic Counsellor

- o National Counselling Society (Accredited Professional or above)
- o British Psychoanalytic Council Full Registrant

Recruited candidates should be selected who are able to demonstrate:

Core professional competences and generic therapeutic competences highlighted in the EMDR Competence Framework (1)

A background working in mental health or wellbeing services and :

- A minimum of two years' experience of delivering one-to-one psychotherapy, after meeting one of the entry registration/accreditation requirements and a good understanding of trauma

- The ability to be warm, empathic, show understanding and be able to support people in a state of significant distress
- Candidates should not be undertaking or plan to be undertaking any additional EMDR continuing professional development (CPD) training over the duration of the EMDR training programme they will be completing.
- **Service setting requirements:**
- Candidates need to be based in a service where they will be able to deliver EMDR to adults (inclusive of all ages) with PTSD.
- Candidates need to be able deliver within a pathway that offers a range of NICE guided interventions for the sequelae of trauma
- Commitment from the service that the trainee will be able to undertake EMDR with a minimum of 6-8 clients per week
- Able to offer 90-minute sessions routinely