

CLINICAL GOVERNANCE OF EMDR IN IAPT, ADULT COMMUNITY MENTAL HEALTH AND PERINATAL MENTAL HEALTH SERVICES

Within IAPT, Adult Community Mental Health and Perinatal Mental Health Services¹ EMDR should only be delivered as recommended by NICE, where symptoms of PTSD are the target problem, rather than targeting other problems that may follow from trauma experiences². It should be delivered by one of the following:

1) people who have completed the NHS EMDR training, which represents the preferred, high quality preparation for NHS commissioned EMDR practice **OR**

2) **existing EMDR practitioners who have been employed in NHS commissioned services up to 31 December 2023** who have all of the following:

a) completed a minimum of 7 days (52 hours) training with an EMDR Europe Accredited Training course **AND**

b) have ongoing supervision from an EMDR Europe Accredited practitioner, who should normally be employed within the service³, and should have attended the required supervision training for that service (in IAPT this must include an EMDR specific component which sets out how EMDR should only be delivered where symptoms of PTSD are the target problem, rather than targeting other problems that may follow from trauma experiences) and who is in receipt of EMDR meta-supervision from an EMDR Europe Accredited Consultant (who should also have attended the required supervision training for that service). **OR**

3. new EMDR Practitioners starting to practice in NHS commissioned services from 1 January 2024 who have all of the following:

a) completed a minimum of 7 days (52 hours) training with an EMDR Europe Accredited Training course **AND**

b) have ongoing supervision from and EMDR Europe Accredited practitioner, who should normally be employed within the service⁴, and should have attended the required supervision training for that service (in IAPT this must include an EMDR

¹ Comprising specialist Perinatal Mental Health services, including Mother and Baby Units, community perinatal mental health teams and Maternal Mental Health Services

² Noting that people may have a number of diagnoses, but that symptoms of PTSD should be the focus of EMDR intervention

³ Employment of the supervisor within the service may be challenging for specialist perinatal mental health services and maternal mental health services. Where external supervisors are employed they should be prepared with a good understanding of the service context and governance requirements.

⁴ Employment of the supervisor within the service may be challenging for specialist perinatal mental health services and maternal mental health services. Where external supervisors are employed they should be prepared with a good understanding of the service context and governance requirements.

specific component which sets out how EMDR should only be delivered where symptoms of PTSD are the target problem, rather than targeting other problems that may follow from trauma experiences) and who is in receipt of EMDR meta-supervision from an EMDR Europe Accredited Consultant (who should also have attended the required supervision training for that service). **AND**

c) Meet the entry requirements set out in the EMDR national curriculum **AND**

d) Can evidence having undertaken and passed a formal assessment of EMDR competence to an equivalent standard as required in the NHS EMDR training⁵

For existing EMDR practitioners who do not meet the relevant requirements by 1 January 2024, the service should put in place a robust and urgent action plan to enable the requirements to be met.

⁵ a summative assessment using the EMDR fidelity rating scale (EFRS) Version 2. This must utilise at least section 3 (Adverse Life Experiences Processing subscale) and section 5 (Three-pronged Protocol Subscale). Each subscale must have a Fidelity Score that is equal to or greater than 2.0. (Korn, D. L., et al. 2017. EMDR fidelity rating scale (EFRS). Retrieved from <https://emdrresearchfoundation.org/emdr-fidelity-rating-scale>)