

Guideline for Clinicians wishing to meet the Eligibility Criteria for EMDR Therapy Basic Training:

1. In all cases, it is the Trainer who determines if an applicant is accepted for EMDR Therapy Training
2. Multiple factors are taken into account when the trainer assesses an applicant
3. Successful completion of a recommended course does not on its own guarantee acceptance for training

Recommended Courses – There are multiple pathways that can lead to the attainment of a suitable academic and clinical foundation for training in EMDR Therapy.

1. Below is a list of recommended courses available as of June 2021.
2. Courses are not available every year, and course content can change.
3. This list will need regular updating.
4. There is no one size fits all – the suitability of a course will be dependent on the existing academic and clinical background of a therapist.

Examples of Suitable Post Graduate Diploma & Masters Courses in NZ

Please note, a Graduate Diploma is not the same as a Postgraduate Diploma and **does not meet the Eligibility Criteria for EMDR Therapy training.**

It commonly serves as a *bridging qualification* to prepare a student for Postgraduate study or to pursue study in a different field from their undergraduate degree).

Postgraduate Psychology Courses

The Master of Psychology/Postgraduate Diploma in Clinical Psychology, Counselling Psychology etc. courses are not included in this list. Please see the Eligibility Criteria for further information on the requirements for Registered Psychologists.

NB. Those with a relevant undergraduate degree who have also had adequate supervised clinical experience sometimes choose to complete a Psychology Degree with Honours to meet the academic requirements for EMDR Therapy Basic Training. This may have necessitated first completing a Graduate Diploma in Psychology *to gain entry* to the undergraduate psychology degree.

AUT - Auckland Institute of Technology

Not available through Distance Learning:

- **Master of Psychotherapy**
- **Master of Psychotherapy (Child and Adolescent Psychotherapy)**

Minimum entry requirements: Completed the Graduate Diploma in Psychotherapy studies or equivalent with a B grade average or higher.

- Both include a Supervised Clinical component.
- Lead to membership of the Psychotherapy Board of Aotearoa NZ
- Full membership must have been attained before applying for EMDR Therapy Basic Training

The courses below are suitable for those who have already met the clinical and supervision requirements outlined in the Eligibility Criteria:

- **Postgraduate Diploma in Health Science - Violence and Trauma Studies**
- **Master in Violence and Trauma Studies**
- **Postgraduate Diploma in Mental Health and Addictions –**

DAPAANZ membership on its own is not sufficient for entry to EMDR Therapy Basic Training. Postgraduate study in Mental Health and Addictions is only suitable for someone who has membership with an additional professional body such as the NZAC.

Massey University

Available through Distance Learning with attendance at Block Courses.

- **Postgraduate Diploma in Education (Counselling and Guidance)**

To enter the Postgraduate Diploma in Education you will:

- have been awarded or qualified for the Bachelor of Education, or equivalent, or
- have been awarded or qualified for any other bachelor's degree or equivalent, and hold a professional qualification in teaching, or
- have been awarded or qualified for any other bachelor's degree or equivalent and have professional experience relevant to the intended postgraduate subject.
- You will need to provide copies of all academic transcripts for studies taken at all universities other than Massey University.
- You may be required to provide evidence of sufficient background experience.
- If you hold any other bachelor's degree or equivalent and have no professional qualification in teaching you will need to provide a copy of your curriculum vitae (CV) to support your application.

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- **Master of Counselling Studies**
 - Has a supervised clinical component.
 - Available through Distance Learning

To enter the Master of Counselling Studies you will have:

- been awarded or qualified for a Postgraduate Diploma in Education (Counselling & Guidance), with a B average, or
- been awarded or qualified for a Postgraduate Diploma in Rehabilitation (Rehabilitation Counselling) with a B average, or
- been awarded or qualified for an approved equivalent qualification with a B average
- sufficient background or professional experience to be likely to successfully engage in the programme.

Otago University

- **Postgraduate Diploma in Health Sciences endorsed in Advanced Topics in Cognitive Behaviour Therapy**
 - Available through Distance Learning with attendance at 3 Block weeks at the Wellington Campus, monthly audio conferences, and supervised practice in the workplace
 - Prerequisite – Postgraduate Certificate in Health Sciences endorsed in Cognitive Behaviour Therapy (B pass minimum).

Applicants need to be:

- Employed by a District Health Board mental health service or a Ministry of Health funded non-government organisation (NGO) or primary health organisation (PHO) throughout New Zealand
- Must be registered health professionals, working in a mental health service
- Must have access to ongoing work with clients.

Applicants for the Postgraduate Certificate in Health Sciences endorsed in Cognitive Behaviour Therapy must fulfil the criteria below:

- A registered health professional working in a mental health setting, with a minimum of two years' clinical experience
- Employed by a District Health Board or a Ministry of Health funded NGO or primary health organisation
- Working at least 0.6 FTE in a mental health setting and must have access to ongoing work with clients
- Applicants are also required to have individual supervision by a clinical psychologist with expertise in CBT.

- **Postgraduate Diploma in Health Science endorsed in Interpersonal Psychotherapy Available through Distance Learning** with attendance at block courses in Christchurch.
 - Course includes a supervised clinical component
 - Suitable for registered health practitioners with at least two years' experience.
 - Applicants must be working in a setting with a mental health component (this can include a DHB, NGO or a Primary health Practice)
 - Applicants should have an awareness of psychological therapies and be able to access and include suitable Interpersonal Psychotherapy clients into their workload.

University of Auckland

- **Postgraduate Diploma in Counselling Theory** (can lead to 2nd year of Master of Counselling if grades are high enough).
 - Includes a supervised clinical placement.
- Entry Requirements:
 - You must have completed an undergraduate degree in education, counselling, nursing, social work or a similar profession from a recognised university (or similar institution).
 - You will also need at least three years' experience in teaching, counselling, nursing, social work or similar profession.
- **Master of Counselling** – tailor made for working professionals, for graduates who are already working in the teaching, counselling, nursing, social work or other related professions and want to become a counsellor or to advance their counselling qualification.
 - Includes a supervised clinical component.

University of Auckland Faculty of Medical and Health Sciences

- **Postgraduate Diploma in Health Sciences in Infant, Child and Adolescent Mental Health**
 - Designed for graduates in medicine, nursing, occupational therapy, psychology, or social work who are wishing to further develop their skills and knowledge in this field. Areas of focus include child and adolescent development, psychopathology, assessment and case studies
 - This specialisation is offered by the School of Medicine. Courses in this specialisation are offered in a *Distance learning format*.

Some counsellors have done this course and it has been very suitable as with a BA Counselling and Full membership of NZAC, they had already completed and were maintaining the supervised clinical requirements for Eligibility for EMDR Therapy training

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University of Canterbury

- **Postgraduate Diploma in CBT**

To be admitted to the qualification a student must:

- Have satisfied the Admission Regulations for admission to the University; and
- Have fulfilled the requirements for a Bachelor's degree in Psychology or related area with a B- Grade Point Average in relevant health-related courses at 300-level; **and**
- Be working at least 0.5 FTE in a clinical health related field and have access to CBT supervision; **and**
- Have been approved as a student for the qualification by the Head of School of Psychology, Speech and Hearing (or nominee) and by the Amo Pūtaiao | Academic Dean of Science.

The PGDip CBT is made up of 120 points of courses, which includes critical theory and application through case studies and supervised clinical practice.

Courses are taught in one-week teaching blocks to accommodate working professionals.

The programme begins in February and will take a minimum of 3 years of part-time study.

- **Master of Counselling**

Entry Requirements:

- Either:
 - Have qualified for an Aotearoa New Zealand bachelor's degree with a minimum B-Grade Point Average in 300-level courses
 - Or have been admitted with Academic Equivalent Standing
 - **And** either:
 - Have acquired experience in counselling, teaching, nursing, social work or anequivalent profession
 - Or have been deemed suitable for training as a counsellor; and met the requirements stipulated in the Children's Act 2014 prior to gaining entry intothe programme
 - And have been approved as a student by the Amo Ako me te Hauora | Dean of Education andHealth Sciences, on the recommendation of a Selection Committee, which will include an interview.
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- The MCouns consists of two parts: Part I includes four compulsory courses, which involves up to 70 hours of supervised clinical practice
 - Part II includes a practical course (with up to 300 hours of counselling experience), and either a research course or selection of coursework.
 - In either Part 1 or Part II, students also complete one other course in research methods.
 - The minimum period of enrolment for a full-time student is 2 consecutive years; the maximum period is 4 years. The minimum period of enrolment for a part-time student is 4 consecutive years; the maximum period is 6 years.
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- Utilises Distance Learning, enabling students to continue to work while studying for

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their qualification. Mostly uses a format of intensive workshops (for practice-based teaching) alongside internet-based teaching and learning activities.

University of Waikato

- **Master of Counselling**

Entry Requirements:

- A recognised undergraduate degree, preferably with a major in human development, psychology, education or social work
- At least a B+ grade average in 300 level undergraduate papers is normally required.

Hamilton campus; [option for Distance learning with intensive workshops for practice-based teaching.](#)

- Includes a supervised clinical component

Whitecliffe College of Art

- **Master of Arts in Arts Therapy (Clinical)**

[Low residency with online teaching and attendance at block courses in Auckland.](#)

Entry Requirements:

- Successful completion of the Postgraduate Diploma in Arts Therapy
- Entry to the Postgraduate Diploma requires an undergraduate diploma or degree qualification in a relevant field, equivalent to NZQA Level 7
- A letter of intent
- Prior familiarity with at least one artistic medium
- Three letters of reference
- A current curriculum vitae
- Evidence of academic writing ability which reflects the potential for successful study at the graduate level (examples of previous academic writing may be submitted).

In the final 18 months students gain clinical practice through placements that involve work with real-world clients and populations.

750 hours of supervised clinical practice is required to successfully complete the MAAT and to be eligible for professional registration with the regional professional body, Australian, New Zealand, and Asian Creative Arts Therapy Association (ANZACATA).

Australia and New Zealand Association of Psychotherapy (ANZAP)

- **A Conversational Model of Psychodynamic Psychotherapy**

ANZAP offers an advanced level one-year introductory course, followed by (for suitable candidates) another two years of in-depth training in the Conversational Model.

The training is conducted in small groups and is suitable for mental health professionals already involved in psychotherapy and counselling.

The training is offered part-time with all seminars conducted interactive on-line, evenings and some weekends, in real time (Sydney time).

Supervision is offered locally where possible, or on-line.

The training of the Conversational Model trainee is achieved through closely supervised clinical practice, psychodynamic theory through didactic seminars with extensive reading material. This is supported by individual and small group clinical supervision with the use of patient/client audio-recordings that allow a microanalysis of the therapeutic process.

The course has 7 strands:

- Seminars
- Clinical casework
- Clinical supervision
- Individual Study
- Collegial activities
- Assessments
- Personal Therapy