Guidelines for EMDRNZ Accreditation Process (June 2022)

1. Accredited EMDR Practitioner

Criteria for EMDR New Zealand Practitioner Accreditation (as per 29.10.2014)

The central component of the competency-based framework for EMDR New Zealand Accredited Practitioners is that of the EMDR Standard protocol. EMDR Clinicians need to demonstrate their competency in each of the eight phases of EMDR. Please note however that competency can only be assessed and determined by an accredited EMDR New Zealand Consultant.

Clinicians seeking accreditation as an EMDR New Zealand Practitioner must meet the following requirements:

- Completed an accredited EMDR New Zealand Basic Training program (e.g. Part 1&2, 10 hours of case consultation etc.) or equivalent if training was completed overseas (assessed by EMDR New Zealand Practice Sub-Committee on an individual basis)
- One-year clinical practice of EMDR after completion of the Basic Training
- Completed and documented a minimum of 50 EMDR sessions
- Treated a minimum number of 25 clients
- Undertaken a minimum of 20 hours case consultation with an EMDR New Zealand Consultant, which includes witnessing the applicant's EMDR clinical work either through a video recording or in-vivo.
- Supplied two references, one from an EMDR New Zealand Consultant and the second from a person who can comment about the applicant's professional practice & standing.
- That the applicant is a member of the EMDR New Zealand Association

The applicant is to:

- Provide copy of Basic training completion certificate to the case consultant
- Document number of sessions and clients, similar to the case log used for the Basic training, and to provide the case consultant with that log
- Keep a log of supervision hours and get them signed if more than one case consultant. 5 out of the 20 hours can be done in a group setting.
- Ideally the observation of the clinical session should be done by the case consultant supporting the application for accreditation to the EMDRNZ board. The video rating scale should be used as a guideline.
- Provide the second reference to case consultant; the case consultant putting forward the application can provide the first reference.
- This should be confirmed with the applicant by the case consultant before the application is put forward

Once the applicant has met all above criteria and provided one of the case consultants with documents as above (training certificate, client case log, supervision hours log, video or in-vivo session, 2nd reference) the case consultant can put application for accreditation forward to the next EMDR NZ Board in writing, summarising all the requirements the practitioner has achieved. This letter/email is to be send to all EMDRNZ Board members and discussed as needed at the next board meeting.

2. EMDR Case Consultant

Criteria for EMDR New Zealand Consultant accreditation

EMDR New Zealand considers that the EMDR consultant plays a pivotal part in the future development of EMDR, none more so than in the accreditation process itself. EMDR consultants have a key responsibility in maintaining quality assurance and high standards of practice in EMDR. As a consequence, EMDR consultants need to demonstrate their considerable EMDR clinical experience and expertise. In addition, they must demonstrate their supervision, consultation and teaching skills.

EMDR New Zealand accredited practitioners seeking accreditation as an EMDRNZ Consultant must meet the following requirements. To have:

- A minimum of three years' experience as an EMDR New Zealand Practitioner
- Treated a broad range of clients of varying diagnoses and complexity.
- Completed and logged a minimum of 300 EMDR sessions.
- Treated a minimum number of 75 clients.
- Participated in consultation of consultation for a minimum of 20 hours by an accredited EMDR consultant (5 of the 20 hours can be done in a group setting, as long as the focus has been on case consultation)
- Participated in regular clinical supervision of their own on-going EMDR clinical work.
- Undertaken a minimum of 24 hours EMDR related Continuous Professional Development (CPD) since becoming an EMDR New Zealand Practitioner
- Submitted a minimum of three video recordings or in-vivo sessions of an EMDR clinical session, an individual EMDR clinical supervision session and of a Group EMDR Clinical Supervision

The Applicant must:

- Provide certificate of accreditation as EMDR Practitioner to case consultant they are working with. (The EMDRNZ board can waive the condition of 3 years experience as an accredited EMDRNZ Practitioner, if it the applicant's basic training has been 4 years prior and /or it considers it in the best interest of the EMDR community in NZ to support the applicant).
- Document number of sessions and clients similar to case log used for the Basic training and to provide case consultant with that log
- Keep log of consultation hours and get them signed, if done with more than one case consultant.
- Supply copies of relevant training/conferences/webinars to case consultant
- Have all three sessions/video recordings viewed by at least 2 EMDRNZ case consultants and the video rating scale should be used for the client session

In general, it is also suggested that Consultants in Training (CiT):

- Attended a general supervision training
- Attend the EMDR Case Consultants training days
- Observe Case Consultation groups

- Observe a complete EMDR Basic Training (Part 1&2)
- Re-read Francine Shapiro: EMDR Therapy (2018)
- Read Andrew Leeds: A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors and Consultants, 2016
- Attend the EMDRNZ conference and workshops on a regular basis
- Attend available EMDR specialty trainings (including EMDR with children, even if they do not work with children themselves)

When the Applicant has met all the above criteria and supplied documentation (client log, consultation/supervision hours log, training documents, confirmation of videos/ life sessions reviewed) to the main case consultant they are working with, the case consultant can put their application to the EMDRNZ board in writing, summarising all the requirements the practitioner has achieved.

This letter/email is to be send to all EMDRNZ Board members and discussed as needed at the next board meeting.

Re- Accreditation:

EMDRNZ accredited Partitioners, Case Consultants and Trainers are required to seek re-accreditation every 5 years. For more details see the EMDRNZ Accreditation Criteria and the re-accreditation document for trainers

Please note:

- **that the accreditation process can be done with any accredited Case Consultant that has been confirmed by EMDRNZ, even if they live outside of New Zealand.**
- **Case Consultation as part of the EMDR Institute Basic Training however, can only be offered by an EMDR Institute Facilitator or Trainer.**
- **To become an EMDR Institute Facilitator, interested Accredited Case Consultants are asked by a Trainer to continue with the pathway of becoming a Facilitator. There is a process for this within the EMDR Institute, but not an accreditation process with the EMDRNZ Association (or any other EMDR Association)**