

EMDR Asia's Training, Accreditation and Standard committee: Role and scope

EMDR Asia was established in 2008 and we had our first conference in 2010 in Bali, Second in 2014 in Manila and Third in Shanghai in 2017.

There has been gradual progress of EMDR therapy in several of Asian countries/Special Administrative Regions, organically as well as by design. There are similarities as well as sharp differences in Asia among the practicing EMDR therapists and mental health professionals. The EMDR therapy training in Asia began soon after its presence in the west from 1990s. Some countries as Japan were the first one to receive the training and also to establish their EMDR Association. Many countries /special administrative regions received the trainings either from USA (EMDR Institute or Trauma Recovery/HAP) or private trainers and similar bodies from Europe. Since the academic standards differed among Asian countries, the trainings in Asia also were conducted to suit the needs of the trainees. Some had longer duration and variable supervision methods. In order to bring in uniformity and maintain basic minimum standards as proposed by Global Alliance, it is thus perceived that EMDR trainings should be designed and implemented to bring all the EMDR Associations of Asia at par.

Since Board members of EMDR Asia have recommended the formation of training and development committee to augment the standardization of training, certification, and accreditation and to monitor the quality delivery, it may be a good idea to establish a body to enhance the trainings practices across Asia. The inspirations can be drawn from Trauma Aid Germany and Trauma Recovery/HAP–USA to undertake the role of training as well as intervention to collaborate and work with multi country members. This can be envisaged with the formation of TR/HAP in Asia with multi -dimensional roles.

In order to maximize the role of Training, Accreditation and Standard Committee of EMDR Asia, the following is the proposed scope:

- EMDR therapy basic standards and guidelines for trainers, consultants and trainees/ participants will be adapted following Global Alliance guidelines.
- Trainers' and consultants' trainings will be coordinated by EMDR Asia Training, Accreditation and Standard committee members under the guidance of Trauma Recovery/HAP USA and Trauma Aid Europe
- Accreditation of the Asian trainers and consultant will be done by members of the Training, Accreditation and Standard committee of EMDR Asia
- Basic trainings of EMDR Therapy will be organized by the EMDR Associations of respective countries/SARs, which could be provided by independent trainers who are approved by EMDR Asia or affiliated to Trauma Recovery/HAP Asia
- Prior to the training, the training curriculum, methodology and course contents will reviewed by the members of EMDR Asia Training, Accreditation and Standard committee.
- The trainers will preferably be from their own countries/SARs or can be invited from another Association/organisation of EMDR Asia. The EMDR Associations can invite other international trainers accredited by EMDR Asia in consultation with the Training, Accreditation and Standard committee.

DISCLAIMER:

If the trainers are invited from outside Asia, the above conditions may apply following the accreditation criteria mentioned in the minimum training standards.

Any private training organized without the invitation of the local EMDR Associations and the approval by EMDR Asia will have possibility of de-recognition.

EMDR Asia Training standard operating procedures:

- Each training should be registered with the EMDR Asia Training, Accreditation and Standard committee which would review the prospective trainers' or consultants' credentials, curriculum, training methodology (i.e., following minimum guidelines as per Global Alliance), dates and place.
- The participants of EMDR basic trainings should meet selection criteria as mentioned in the guidelines from Global Alliance
- During the basic trainings, under the guidance of senior trainers, the trainers-in-training and consultants-in-training can complete the requirements of their training according to the guidelines. It will be prerequisite to submit the video recordings of the pages presented by trainers in training.
- The consultants-in-training need to demonstrate the practicum process during the training and supervision skills under the guidance of their trainers. The consultants-in-training need to submit the videos of their competency of conducting EMDR therapy following basic steps as well as a video of their supervision methods of following the contents from the manual and related references.
- The Training, Accreditation and Standard Committee members will undertake the responsibility of grand parenting the existing trainers who are still not confident of providing trainings independently, following the EMDR Asia approved trainings guidelines
- The registration fees for the basic trainings can be determined by individual EMDR Associations; the remuneration/honorarium of the trainers/consultants will be decided following the norms of the local living standards
- The remuneration/honorarium/stipend for the trainers and consultants is the decision of the respective EMDR Associations.

- If the trainings are conducted in response to the disaster, the training team may offer voluntary services or offer services within the available budget as per TR/HAP mandate of rendering voluntary services.

Development of EMDR Asia training manual, course design for trainers in training & EMDR Therapy Basic trainings, including introductory traumatology training and supervision:

- During Shanghai conference in April 2017 EMDR Asia Trainers and Consultants have been provided the orientation of the new manual (2017) of EMDR Institute and TR/HAP USA and an orientation training was conducted to begin the process of establishing EMDR Asia approved training, which was mentored by the master trainers/ trainers of trainers of EMDR Institute, EMDR Europe and TR/HAP.
- EMDR Asia trainers and consultants will be encouraged to use this manual until the new manual of EMDR Asia is written, field tested and meets the international standards
- Stipulated time frame is 5 years from 2017 (e.g. by the end of 2021).

Requirements of Approved/Accredited trainer:

Who may deliver EMDR Approved trainings? Trainers who are accredited to teach EMDR in the country/SARs. Accreditation as a trainer is the highest standard that the EMDR Asia can award and is only granted to the most experienced and skilled clinicians with proven ability to teach. All accredited trainers must meet, as a minimum, the accreditation requirements listed below. In order to make sure that standards are maintained all trainers must also regularly submit them for reaccreditation/ongoing competency based retraining attendance.

1. The trainer must be a member of their EMDR National /SAR Association.
2. The trainer must be accredited with EMDR Asia and with their National/SAR EMDR Association as an Approved Consultant , or as an Accredited Trainer
3. Responsibilities of the Trainer
 - a. Trainings should be organized within the trainer's national/SAR boundaries.
 - b. The trainer should notify the National/s' Association of the schedule and contents for the training.
 - c. If the trainer wishes to train outside his/her own country/SAR, he/she should have the approval of the EMDR national organization in the country/SAR where the proposed training is to occur. This must be obtained first and prior to the announcement of the training. If there is no national association, then the trainer should contact the EMDR Asia Training team/Trauma Recovery/HAP for that geographic area to receive their consent for the training. Consent will be based on the following:
 - i. The trainer, training material, and the curriculum must be approved by the National/ EMDR Asia Training team in the geographic region where the training is to be held.
 - ii. The trainer must uphold all standards for training that are established in the country or SRA where the training is to be held.
 - d. Inform participants about how and where to get consultation for Basic Training
 - e. Provide information and affiliation about the national/SAR association.

- i. Before the training is completed, the trainer must make sure that trainees are fully informed about how to join their national EMDR Association and how to become a Certified or Accredited EMDR practitioner.
- ii. The trainer is responsible for ensuring that trainees are encouraged to continue their professional development by becoming Certified or Accredited.

National or SARs Associations may hold requirements in addition to those outlined above.

Requirements of Approved/Accredited Consultants

The role of the EMDR Approved/Accredited Consultant plays a pivotal part in the future development of EMDR. EMDR Approved/Accredited Consultants have a key responsibility in maintaining quality assurance and high standards of practice in EMDR. As a consequence EMDR Approved Consultants need to demonstrate their considerable EMDR clinical experience and expertise. In addition they must demonstrate their consultation skills either via video recording or in vivo.

The applicant for the designation of EMDR Approved/Accredited Consultant must meet the following criteria:

1. Completion of a local EMDR Association Approved EMDR Basic Training.
2. Must be an EMDR Certified/ Accredited Practitioner before beginning training as an Accredited/Approved Consultant.
3. Must have at least three years' experience as a Certified Practitioner after completing a local EMDR Association Approved EMDR Basic Training program at the time of completion of requirements to apply as an Approved/Accredited Consultant

4. Have conducted at least 300 EMDR sessions with no less than 75 clients by the time of completion of requirements to apply as an Approved/Accredited Consultant
5. Have received a minimum of 20 hours of consultation-on-consultation by an Approved/Accredited Consultant in EMDR from EMDR Asia member.
6. Must demonstrate their consultation skills either via video recording or in vivo (Video or in vivo demonstration is not mandatory in EMDRIA)
7. Must regularly renew the Approved/ Accredited Consultant status (attended the training of consultants and supervision according to the requirements of EMDR Asia and their local EMDR Association)