

## **EMDR Certification**

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EMDR Consultant & Basic Trainer

### **What is certification?**

EMDR Certification is an advanced level of skill and specialty that can be pursued after completion of EMDR Basic Training. EMDR Certification requires additional experience beyond that obtained in EMDR Basic Training. Becoming certified will take your EMDR skills to a new level, and truly indicates a level of advanced training and competency in EMDR Therapy.

EMDRIA manages and outlines the process for EMDR Certification, and additional information and the application for certification can be found on their website [HERE](#).

### **What is the process of becoming certified?**

EMDRIA has specific expectations and requirements that must be fulfilled to apply for certification.

- Must complete all requirements of Basic Training with an EMDRIA approved trainer & training.
- 20 additional hours of consultation with an approved consultant. A portion of these hours can be completed with a consultant in training, however 5 must come from a fully approved consultant. These are additional hours beyond the 10 you complete in Basic Training.
- 10 of these hours must be individual consultation. 10 may be completed in a group setting.
- Completion of at least 50 EMDR reprocessing sessions with at least 25 clients. Documentation of this requirement is provided to EMDRIA in the form of a notarized letter.
- Licensure in a mental health profession
- 12 hours of advanced CEs in EMDR
- 3 letters of recommendation

If you are completing any or all of your certification status under my guidance there are 2 additional requirements I include in the process. Many trainers and consultants require these additional components as they are indications of competency and fidelity to the protocol. See below for a full list of requirements. If you are completing your certification with more than 1 consultant, we can discuss how you fulfill these requirements between your consultants.

- Completion of a 10 question, open book, quiz. This quiz will ensure you have knowledge of fundamental components of EMDR theory and EMDR therapy. The consultee is to complete this on their own, and the quiz is then reviewed together in an individual consultation.
- Record a video of desensitization which we will review in a consultation together. This is to ensure you are practicing the phases of reprocessing to fidelity. The video can be with a client or practice person and can be shared through a virtual software platform.

## **Additional requirements**

For consultees I support along the certification journey, I require you to complete at least 10 of your hours under my guidance, or under the guidance of one of my approved training members.

## **What forms of consultation towards certification do you offer?**

I offer individual and group consultation.

## **What is the cost of consultation?**

Rates can be discussed upon request. Discounted rates are available for those working in non-profits or with approved community partners.

## **How long does the process take?**

There is no time frame within which you are required to complete certification, therefore you can pace the process out in a way that fits your needs, schedule and budget.

*To start the certification process, please reach out to me directly and we can discuss your needs and answer any questions.*

[Email me today](#)