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# **Introduction**

NM has outlined the qualification standards for use of the specialized rates for the following EBPs.

* Dialectical Behavior Therapy (DBT)
* Eye Movement Desensitization and Reprocessing (EMDR)
* Functional Family Therapy (FFT)
* Multisystemic Therapy (MST)
* Trauma Focused Cognitive Behavior Therapy (TF-CBT)

Information about the qualification entity and their training, consultation, and other requirements for achieving the qualification standards are outlined below. We encourage you to go to the qualification entity website for additional information.

# **Eye Movement Desensitization and Reprocessing (EMDR)**

## **Qualification Standard**

**EMDR Basic Training** OR **EMDR Certification by EMDRIA** (EMDR International Association)

## **Qualification Entity**

<https://www.emdria.org/>

## **Qualification Documentation**

Certificate of completion of EMDR Basic Training Requirements issued by EMDRIA-approved trainer OR an EMDRIA issued certificate of EMDR CertificationOR documentation of listing as a Certified Therapist on EMDRIA EMDR Therapist Directory <https://www.emdria.org/find-an-emdr-therapist/> . Listing MUST include “\*” indicating EMDR Certified Therapist.

## **Training, Consultation and Additional Requirements for Qualification**

See <https://www.emdria.org/training-faqs/> and <https://www.emdria.org/emdr-training/certification-faqs/> for more information about EMDRIA approved EMDR Basic Training and EMDR Certification

EMDR Basic Training includes the following requirements.

### **Professional criteria**

* Licensed mental health professional (for details <https://www.emdria.org/eligibility-requirements-for-emdr-training/>)

OR pre-licensed mental health professional with a master’s degree in mental health field, actively pursuing full license and working under licensed supervisor OR graduate student in practicum / internship position of mental health master’s or doctoral program (EMDR Certification cannot be achieved until fully licensed)

### **Trainer Qualifications**

* Trainers must be EMDRIA approved and practicum leaders and consultants must maintain active status as EMDRIA approved EMDR Consultants or EMDR Consultants in Training working with an approved EMDR Consultant
* Approved trainers can be found at: https://www.emdria.org/find-an-emdr-training/find-an-emdr-training-provider/

### **Training**

* 20 hours of instruction including a history and overview of EMDR, explanation of the EMDR model, methodology and mechanism of EMDR. The EMDR Methodology includes 8 phases: 1) History taking, case conceptualization & treatment planning, 2) client preparation, 3) assessment, 4) desensitization, 5) installation, 6) body scan, 7) closure, and 8) reevaluation.

### **Consultation**

* 20 hours supervised practicum. The goal of the practicum is the demonstration and practice of EMDR in dyads or triads with direct observation and feedback.
* 10 hours consultation including feedback and instruction on case conceptualization, client readiness, target selection, treatment planning, specific application of skills, and the integration of EMDR therapy into clinical practice based on cases.

### **Additional Requirements**

* EMDR Basic training (including instruction, practicum and consultation) must be completed within 12 months from the start date.
* EMDR Basic Training is the standard for a clinician to utilize EMDR therapy in clinical practice.
* EMDR Certification includes the following additional requirements: having a license in a MH profession plus 2 years of experience, completion of least 50 EMDR sessions with at least 25 clients, 20 additional hours of consultation with an approved EMDR consultant within the last 5 years, at least 10 of those consultation hours are individual, letters of recommendation, and 12 hours of EMDRIA continuing education credits.

### **Cost**

* EMDR Basic Training certificates are issued by the EMDRIA-approved trainer and included in training costs. Please note some trainers included the required 10 hours of consultation in the training fee and some charge separately for consultation.
* EMDRIA EMDR Certification has a $150-$350 application fee

### **Recertification Expectations**

* EMDRIA EMDR Certification must be renewed every 2 years. 12 hours of EMDRIA continuing education credits are required every two years.

### **Provisional Qualification while Active in State-recognized Training & Consultation**

Clinicians who have not yet completed EMDR Basic Training but meet the following criteria will be eligible for a NM Provisional EBP Qualification while they complete the requirements for EMDR Basic Training. They will have 12 months from the date of approval for the NM Provisional EBP Qualification to complete the EMDR Basic Training requirements.

To be eligible for the NM Provisional EBP Qualification, clinicians must meet the following standards:

#### **Professional criteria**

* Licensed mental health professional (for details <https://www.emdria.org/eligibility-requirements-for-emdr-training/>) \*Licensed substance abuse counselors not eligible.

OR pre-licensed mental health professional with a master’s degree in mental health field, actively pursuing full license and working under licensed supervisor OR graduate student in practicum / internship position of mental health master’s or doctoral program (EMDR Certification cannot be achieved until fully licensed)

#### **Training**

* Completed or actively participating in 20 hours of instruction with an EMDRIA-approved EMDR trainer. EMDR service provision beginning after initial intensive training and upon the direction of expert trainers / consultants

#### **Consultation**

* Completed or actively participating in 20 hours supervised practicum with an EMDRIA approved EMDR Consultants or EMDR Consultants in Training working with an approved EMDR Consultant.
* Actively participating in 10 hours consultation with an EMDRIA approved EMDR Consultants or EMDR Consultants in Training working with an approved EMDR Consultant

#### **Additional requirements**

* EMDR Basic training (including instruction, practicum and consultation) must be completed within 12 months from the start date.

### **Demonstrating Qualification**

Please complete [The Center of Innovation EMDR EBP Provider Qualification Questionnaire](https://centerofinnovationnm.org/forms/emdr-ebp-provider/) to provide documentation of meeting the EMDR Qualification standards or if you have completed some of the EMDR training and qualification requirements and would like your qualifications reviewed and feedback about how to achieve the NM Provisional EBP Qualification and the full EMDR Qualification. Please note the EMDRIA website states: “The Bodymind Institute, Green Cross Academy of Traumatology, Maiberger Institute, Parnell Institute & PESI do not offer EMDRIA approved EMDR basic trainings.”

Training and consultation opportunities are available at <https://www.emdria.org/find-an-emdr-training/>

### **Quality Assurance Standards for Maintaining Qualification**

TBD