



THE TRAINING, STANDARD AND CERTIFICATION COMMITTEE AND OPERATING GUIDELINES OF EMDR ASIA

BACKGROUND

EMDR Asia was established in 2008, having held its first conference in 2010 in Bali, second in 2014 in Manila and third in Shanghai in 2017.

Prior to the establishment of EMDR Asia, there has been a gradual progress of EMDR therapy in several of Asian countries and Special Administrative Regions (SAR) organically as well as by design. EMDR therapy training began soon after its presence in the USA and Europe in the 1990s. Local EMDR associations /societies were established in most Asian countries and SAR. EMDR trainings were first conducted by Trainers from USA and Europe, which was gradually taken over by Asian Trainers who were trained, accredited/ certified by training organizations of USA or Europe.

As both the academic standards and the cultural backgrounds significantly differ among Asian countries, there are sharp differences among the practicing EMDR therapists and mental health professionals. In order to maintain basic minimum professional standards as proposed by EMDR Global Alliance, the Board members of EMDR Asia have recommended the formation of a Training, Standards & Certification Committee, ("TSC Committee") to augment the standardization of training, certification, and accreditation in Asia and to monitor quality delivery.

SCOPE OF WORK OF THE TSC COMMITTEE

The TSC Committee shall be in charge of establishing:

1. **EMDR therapy guidelines** – for all EMDR practitioners in Asia

2. **Basic EMDR training guidelines** – EMDR manual, Basic Training and Trainers’ Training standards, trainees’ selection criteria, duration and culturally adaptive contents and certification criteria
3. **Trainings of Asia resident Trainers and Facilitators /Consultants** – guidelines and certification
4. **Roster of Certified Trainers / Facilitators /Consultants** - Establishing, updating and keeping a roster of all the Trainers and Facilitators /Consultants (Asia residents as well as visiting) who are Certified to train and consult in Asian Countries (hereinafter “**Roster**”).
 - 4.1. The TSC Committee shall carefully study the credentials of each trainer /facilitator / consultant (formal certified qualifications), proven EMDR work experience (with supporting documents), and trainees’ feedback of trainings conducted by that Trainer in the past. This will be done to determine whether or not the professional can be added to the roster. The TSC Committee shall seek to keep only the best professionals and will refrain to add to the roster professionals who do not meet the above criteria including a failure to show positive trainees’ reviews.
 - 4.2. The roster shall be updated from time to time by adding or removing names. Adding or removing names may be initiated either by the Trainer /Facilitator /Consultant or by a local EMDR association and the TSC Committee shall decide with regard to each application.
5. **Operational Rules** - establishing, monitoring and enforcing Operational Rules between EMDR Associations and Trainers (see next section).

In its work to establish professional EMDR standards, the TSC Committee shall refer to the operational guidelines developed by the [EMDR Global Alliance \(EGA\)](#) which operates as an advisory body.

Acknowledging that, there are major differences among Asian countries in terms of background and culture, the TSC Committee shall consider local level adaptations in consultation with the TSC team.

OPERATIONAL RULES – LOCAL EMDR ASSOCIATIONS

A local EMDR association has the responsibility for the following:

1. **Supporting National and other trainers who have been accepted to conduct Basic EMDR** training for EMDR Part 1 and Part 2. All trainings should be registered with the local association so that they can advertise for the same.
 - 1.1. Conducting and supporting participation in periodical trainings for developing the capacity of Asian Trainers and facilitating specialist/advance training as per the needs arising.
 - 1.2. Advertising or listing specialty trainings for special population/ groups when needed.
 - 1.3. Assuring that each training follows guidelines from the EMDR Asia TSC Committee and with adaptation to the local context.
 - 1.4. Ensuring that each trainee meets the selection criteria as mentioned in the guidelines from EMDR ASIA TSC Committee.
 - 1.5. Certification of EMDR practitioners/clinicians who successfully complete the training and fulfill other certification requirements.
2. **Invite for trainings** – invite Trainers and Facilitators /Consultants to conduct their trainings and Refresher trainings. Trainers and Facilitators /Consultants shall come from the **Roster**.
3. **Invite EMDR professionals in emergency** – in case of disasters and other emergencies work in collaboration with Trauma Recovery Network or similar bodies established in Asia.
4. **EMDR Therapist List** - publish the list of all the EMDR Therapists certified to practice in that country /locality on their website.

The EMDR basic trainings are registered with its respective local EMDR association. In instances when the registration fees are determined by the local EMDR association, the remuneration /honorarium /stipend for the trainers and consultation fees shall be decided by the respective EMDR associations.

OPERATIONAL RULES –TRAINERS AND CONSULTANTS /FACILITATORS

EMDR Trainers and Facilitators /Consultants shall provide trainings and consultations in compliance with the standards and guidelines by EMDR ASIA and the local EMDR association in the locality where the training is conducted.

All EMDR Trainers and Facilitators /Consultants wishing to train and provide consultation and supervision in Asia shall apply to the TSC Committee for registration in the Roster and shall provide concrete supported proofs of their formal qualifications and past work.

EMDR Trainers and Facilitators /Consultants shall not schedule, train, attempt to train, provide consultation or otherwise get involved with any EMDR training within any Asian Country, unless formally invited by the respective local EMDR Association prior to the training and provided their name is listed in the Roster.

In countries /localities in which no association has been established – EMDR Trainers and Facilitators /Consultants listed in the Roster shall provide all trainings and consultations.

In addition, an individual trainer who wishes to train outside her/her own country/SAR should have the approval of the EMDR national/SAR organization in the country where the proposed training is to occur. If there is no national association, then the trainer should contact the Regional Association for that geographic area to receive their consent for the training. TSC Committee should be approached to review the trainers' eligibility prior to considering the invitation/permission to conduct training in a particular location in Asia.

Ideally, EMDR Asia must develop a Roster with certified trainers from Asia and other parts of the world, residing in Asia and part of EMDR Asia Association.

A trainer who intentionally conducts, or attempts to conduct a training in any country/SAR without the EMDR Asia procedure of certification, these trainings will not be appreciated and may face de-recognition.

The TSC Committee shall take immediate **disciplinary actions** against any Trainer and Facilitator /Consultant who do not follow the guidelines of conducting the training as per the EMDR Asia certification criteria.

WHO IS A CERTIFIED EMDR BASIC/STANDARD TRAINER TRAINER IN ASIA

1. The trainer must be a member of their EMDR National /SAR Association.
2. The trainer must be certified with EMDR Asia and with their National/SAR EMDR Association as a Certified Trainer and listed in the Roster.
3. Responsibilities of the Trainer
 - 3.a. Trainings should be organized within the trainer's national/SAR boundaries.
 - 3.b. The trainer should notify the National/SAR Association of the schedule for the training.
 - 3.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 Standard and Certification team 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. Presently the training curriculum, methodology and procedure is guided by the EMDR Institute and is the most updated Manual.
 - ii. The trainer must uphold all standards for training that are established in the country or SAR where the training is to be held.
 - 3.d. Inform participants about how and where to get consultation for Basic Training.
 - 3.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 EMDR practitioner.

- ii. The trainer is responsible for ensuring that trainees are encouraged to continue their professional development by becoming Certified/ Fully Trained Practitioners with 20 hours of consultation.

National/ SAR Associations may hold requirements in addition to those outlined above.

THE REQUIREMENTS OF CERTIFIED CONSULTANT FOR BASIC EMDR THERAPY TRAINEES

The role of the EMDR Certified Consultant plays a pivotal part in the future development of EMDR. EMDR Certified Consultants have a key responsibility in maintaining quality assurance and high standards of practice in EMDR. As a consequence, EMDR Certified Consultants need to demonstrate their considerable EMDR clinical experience and expertise. In addition they must demonstrate their consultation skills via video recording along with observation by their mentor in vivo .

The applicant for the designation of EMDR Certified Consultant must meet the following criteria:

1. Completion of a local EMDR Association Approved EMDR Basic Training.
2. Must be an EMDR Certified Practitioner/ or with equivalent experience as Certified Practitioner before beginning training as a Certified Consultant, which is mentioned in the point No. 3.
3. Have conducted at least 300 EMDR sessions with no less than 75 clients by the time of completion of requirements to apply as a Certified Consultant.
4. Must have at least three years' experience as a Certified/ approved Practitioner after completing a EMDR Association Approved EMDR Basic Training program at the time of completion of requirements mentioned in the completion certificate or as per the local norms as practitioner to apply as a Certified/ Approved Consultant.
5. Have received a minimum of 20 hours of consultation-on-consultation by an A Certified Consultant in EMDR from EMDR Asia Certified Consultant/Trainer/ Mentor.

6. Must demonstrate their consultation skills either via video recording or/ and along with in vivo by a mentor.

7. Must regularly renew the Certified Consultant status (by attending the training of consultants and supervision according to the requirements of EMDR Asia and their local EMDR Association)

As mentioned above: The consultants in training need to demonstrate the practicum process during the training and supervision skills under the guidance of their trainers/Mentors. 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. This Video must be assessed by one of the EMDR Asia senior Trainer from another Country/SAR

CERTIFICATION:

The following certificates will be issued by EMDR Asia

1. Completion of Basic/Standard Training
2. Facilitator & Consultant
3. Trainer
4. Attendance of Refresher Training
5. Attendance of workshops and advance training
6. Attendance of Conferences and EMDR Asia events