

Dr Leisa Davina - Clinical Psychologist

Terms and Conditions

EMDRAA Accredited training follows the EMDRIA curriculum, which has some core mandates regarding compulsory reading, practicums, consultation and content to be delivered. As a condition of successful completion of this training package, you are required to undertake the required pre-reading and complete all exercises and hours of training and consultation. Training certificates will only be provided to those trainees who agree to these terms and conditions. Training certificates issued as EMDRAA accredited, represent completion of a high standard of training, which allows you to then work toward furthering your expertise and accreditation as an Accredited Practitioner with EMDRAA (if you wish to do so).

Compulsory textbook:

Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition: Basic Principles, Protocols, and Procedures* (Third ed.). The Guilford Press.

Recommended Textbooks:

Porges, S. W. (2011). *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation* (Norton Series on Interpersonal Neurobiology) (1st ed.). W. W. Norton & Company.

Structure of the Training

The training package consists of

- Part 1 (Introductory): Three days 8.5 hr each, a total of 25.5 hrs consisting of educational, practicum and consultation components.
- Part 2A (Intermediate - Review and Consultation): One day 8.5 hr, consisting of 3 hrs revision of the Standard protocol, and 5 hours group consultation.
- Part 2B (Advanced): Three days 8.5 hr each, a total of 25.5 hrs consisting of educational, practicum and consultation components.

- It is envisaged that at completion of the full training package, provided by Lisa or Vania, participants will be eligible to apply for full membership with EMDRAA, as they will meet the requirement for completing 20 hours of didactic study, 20 hours of practicum

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and 10 hours of EMDR consultation. The aim of this training design is to save participants time and money in working toward their basic training completion, having completed all the required for full membership components. If the participants opt to complete Parts One and Part 2B only, then they will need to seek 5 additional consultation hours completed with either Leisa or Vania, or an external EMDR consultant.

Modes of delivery

This training package can be delivered in the following modes:

- *In-person*: all components of the basic training are delivered by the trainers and participants present at the same location for the duration of each of the components of the training
- *Hybrid*: Didactic component and part of the consultation are delivered online, while the practicum and the rest of the consultation is delivered in-person
- *Online*: All components of the training are delivered online via paid encrypted video-platform (ZOOM), which allow breakrooms and practice mimicking as close as possible in-person practice. The pre-workshop preparation is delivered via a teaching platform, allowing monitoring of attendees adherence to the requirements.

Pre-Workshop Preparation

Participants will be sent pre-workshop materials no later than 10 days before the start of the workshop. Participants are responsible for completing this material before workshop commencement.

Attendance

Participants are expected to be on time and participate in the training. Participants will be awarded certificates for completion of each part of the training only if they have attended for the entire time and engaged fully in all parts of the training and consultation. Participants will be awarded certificates for completion of each level of training, with reference to having completed 5 hours of group consultation if level 2A is also completed.

Practicums

This EMDR training program includes a practicum component, which is of utmost importance for the learning objectives and accreditation

Dr Leisa Davina - Clinical Psychologist

requirements of the program. Participants will be expected to practice the skills they are taught during the training, both in the role of therapist and client. All practicum activities are closely supervised by Leisa Davina and/or Vania Miteva and other facilitators who are Accredited EMDR Consultants.

In the supervised practicums, participants are expected to bring real issues of low to medium levels of distress. It is recommended that participants refrain from bringing to the practicum significant or long-term trauma. It is important to remember that the practicum will be for learning purposes and not for individual therapy. As the safety and wellbeing of all participants is of importance, if any of the participants experiences distress that cannot be managed in the teaching environment, the trainers will ensure the participant has adequate support during the training and will provide recommendations for support outside of the training.

Safety and self-care

This EMDR training is highly experiential, particularly in the practicum component. It is important that participants are aware of the experiential nature of the training and use self-care during and after training. Every participant will be provided with significant support during the training and in case of need, professional therapy will be recommended by the trainers. It is the responsibility of participants to arrange and fund appropriate professional assistance if required.

Participants with disabilities or special medical conditions should consult their health professionals and discuss their situation with the trainers prior to registering in a training workshop. Those who presently have or who have previously been diagnosed with a major mental health disorder, substance use disorder, or personality disorder, must discuss their personal situation with the trainers prior to registration.

Leisa Davina and Vania Miteva have the right to dismiss from the training without refund any participant who fails to maintain appropriate confidentiality, is disruptive to the learning of other participants, or is deemed unable to successfully complete the training for any reason apart from a major medical event or significant personal circumstances (for example death in the family). In case of displaying concerning behaviours, participants will be given one warning and then will be subsequently dismissed from the training without refund if there is recurrence in such behaviour.

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Confidentiality

For confidentiality and privacy reasons, audio/video recording by participants is not permitted in training workshops. It is expected that all participants maintain the highest ethical standards of confidentiality regarding all personal and clinical information shared by other participants in training workshops. When discussing clinical cases in workshops, practicums and consultation sessions, it is expected that participants will de-identify cases to protect client confidentiality. If the presented illustrative material (video recording or case presentation) involves a person known to a participant, it is expected that they disclose the confidentiality issue and leave the room for the duration of the videorecording or case discussion. If the person is known to the participant in their line of work, then they can access the information, on the proviso of disclosing that they know the person in the presented material.

Time Frame for Completion of Training

Participants who commence an EMDRAA Accredited Basic Training must complete the entire training within two (2) years from their initial start date.

Certificate of Completion the Basic Training

Trainees are required to complete the entire basic training program to receive a certificate of completion of the Basic training in EMDR, which gives them eligibility to full membership of EMDRAA. The Basic Training Program includes completing 20 hours of didactic study, 20 hours of practicum and 10 hours of Consultation in EMDR, distributed among Part 1 and Parts 2A and 2B of this training package.