

# EMDR Insight Certification

## Participants Requirements

1. **Complete full training:** either as all 4 Modules over 4 weekends or as 16 weeks. You are required to attend all parts of the course. A register will be kept on your attendance, particularly the triads. The new course is 60 hours. You must attend at least 50 hours. 16-weeks was 48 hours and you must have attended at least 40 hours.
2. **Missed triads:** we appreciate that everyone has accidents, illness etc so for unforeseen circumstances one of the course triads will be missed. These can be made up through extra consolidation groups after the training.
3. **Attend 10 consolidation groups:** 20 hours of group practice or supervision. These can be substituted with individual supervision with an Insight approved EMDR Insight consultant/supervisor. E.g. if you miss one consolidation group you can make up the hours with individual supervision.
4. **OR attend 20 individual supervision sessions:** This needs to be with an EMDR Insight facilitator, who is also an EMDR Association Consultant. This is not the same as the consolidation group practise so we do need to see you following H2 quite thoroughly and may take longer to assess than in the groups. This option is an alternative to the 10 consolidation groups.
5. **Demonstrate use of H2 protocol:** this will be watched and approved by an EMDR Insight consultant/supervisor who will assess your skill and Self-energy according to the fidelity checklist. This can be recorded/demonstrated live in one of the consolidation groups so the EMDR Insight consultant/supervisor can validate as it happens. Alternatively, H2 protocol with a client or colleague can be recorded and watched during private supervision with an EMDR Insight approved EMDR Consultant.
6. **H2 Fidelity check list:** any videos or live demonstrations of H2 will be approved according to your capacity to fulfil the H2 Fidelity check list (maximum score of 100 minimum 60). Following every step of the H2 protocol with skill and Self-energy to achieve the highest score. See the fidelity checklist for more details. Any disputes over approval will be adjudicated by Dr McGoldrick.
7. **Continuous supportive learning:** You cannot fail this assessment. If you do not reach the required score, please see this as another learning opportunity. A chance for ongoing supportive, supervised development. There is not a pass failure but the chance to go again.

Application Fee \$250

## Certification includes:

1. **Certificate:** to confirm your higher standing, training that has been rigorously tested and approved as an EMDR Insight certified practitioner.
2. **Referral website:** alumni are already included in a list of those trained in IFS-informed-EMDR with EMDR Insight. As a **certified practitioner** you stand out as having received extra training and had your skills tested and approved. There is then the opportunity for a higher-profile listing that includes your location, modalities, website link and contact details.
3. **Advertising:** Inclusion on a high traffic website. Opportunity to advertise yourself on your website and email signature as an EMDR Insight certified practitioner.
4. **Part of an engaged community:** Opportunity to remain part of an active alumni community developing and creating new IFS-informed-EMDR strategies and practices. With invitations to advanced events and webinars.
5. **Chance to join the team:** Possibility to join EMDR Insight facilitation team. Chance to develop your own new content as part of the EMDR Insight family of events, with support and mentoring from the team.