

# EMDR Development Center

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## EMDR Basic Training Participant's Agreement

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_  
*Last First M.I.*

Training Dates: \_\_\_\_\_ Training Location: \_\_\_\_\_

The undersigned participant acknowledges that she/he has read this agreement carefully, understands it or has asked questions to clarify, and agrees to the following:

1. Current research has demonstrated the effectiveness of EMDR therapy for PTSD; other applications have not yet been confirmed by controlled research.
2. All participants must be licensed, or, if not licensed, have completed master's level coursework in a mental health discipline, currently be in a licensing track and supervised by a licensed clinician with the appropriate letter on file with the trainer from the internship site or employer.
3. All participants must have a current active psychotherapy caseload. This training is designed to help participants integrate the use of EMDR in their clinical practice context. This training does not accept managers and researchers who do not carry an active psychotherapy caseload.
4. A significant component of the training involves clinicians practicing EMDR in small groups under the guidance of the trainer. The practice experiences are for educational purposes only and not for personal therapy. All participants should be prepared to address a real life issue as part of this training program in order to better appreciate the subjective experience of EMDR as a client. It is not unusual for a target memory to be linked to other, unexpected, disturbing material or memories that might surface during or after the practice sessions. Case material presented didactically or on video may be disturbing to those with unresolved personal issues. It is expected and necessary that the participant has developed self-soothing and affect/arousal management skills and will be able to employ these skills as necessary during and following EMDR practice sessions. It is the responsibility of the participant to seek and obtain appropriate professional assistance if needed. Providing such assistance is not an extension of the training and will not be provided by the EMDR trainer.
5. Further, with reference to #4 above:
  - a. Clinicians presently engaged in personal therapy and/or psychiatric treatment should inform their therapist and/or psychiatrist about the experiential component of this training and secure their clinicians' approval to participate before beginning this training.
  - b. Those with limiting or special medical conditions (pregnancy, heart condition, ocular difficulties, etc.) should consult their medical professionals before participating in this training and should discuss the condition with the trainer before beginning the training.
  - c. Participants who presently have a dissociative disorder, acute stress disorder, or PTSD should not participate without special arrangements being made with the trainer at the time of registration.
6. Participants who are disruptive to the training will be given one warning by the trainer and will be dismissed without refund if there is a recurrence. The participant is expected to participate in all aspects of training, including as client/therapist/observer in the practicum experience.
7. This training is for clinical purposes only and does not qualify the participant to train others in EMDR. An attempt to train others in EMDR at this level of training is a professional ethics violation and may be reported to the participant's licensing board, employer, or school.
8. Participants are expected to behave in accordance with their professional ethical guidelines, and the guidelines provided by EMDRIA (see EMDRIA.org).
9. In order to safeguard confidentiality of personal and clinical information, audio/video taping is not allowed. It is expected that all participants shall maintain the highest ethical standards of confidentiality of all personal and clinical information shared by others in this training. Failure to maintain confidentiality shall be treated as a professional ethics issue, may be reported to a licensing board, and will result in immediate dismissal from the training program with no refund. Confidentiality shall apply to all practicum experiences: specifics of any participant may be discussed only with members of the immediate practice group, the practicum facilitator and trainers. A participant may share any of their own emerging material with their personal therapist/psychiatrist.
10. A Certificate of Completion will be issued only to those who attend the entire training and participate in all aspects of the practicum. No partial credit will be provided. If the participant is late in the morning or returning from lunch for more than a total of 30 minutes or more over any of the training days, that time must be made up in consultation with the trainer or facilitator at their own expense.

11. Four (4) of the ten (10) required consultation hours will be integrated into the training days. The additional six (6) required hours will be scheduled between and after the training weekends and may be conducted by telephone, internet, or in person, as scheduling allows. These dates will be determined during the training weekends.
12. A total of 40 hours of continuing education hours will be provided by the EMDR Institute and are included in the fee. The EMDR Institute maintains responsibility for this program and its contents, and the program is approved by the EMDR International Association. A certificate of attendance will be provided at the end of each weekend of training, which should not be confused with a Certificate of Completion. A Certificate of Completion of the EMDR Basic Training will be provided to the participant once they have completed all 50 hours of practicum, lecture and consultation. A fee of \$100 will be charged to replace Certificates of Completion of the EMDR basic training.
13. Completion of this training does *not* constitute certification in EMDR therapy. To become certified in EMDR therapy, contact the EMDR International Association for details (EMDRIA.org).
14. To hold the participant's registration, 50% of the total fee must be paid at the time of registration, and the remainder must be paid 30 days in advance of the first date of the training.
15. **The training will be held in accessible facilities. If the participant requires additional accommodation, the trainer must be notified at the time of registration by the participant.**
16. Participants are expected to begin the use of EMDR with at least two cases during this training, so the participants' employer must agree to each participant's use of EMDR therapy at their basic level of training with their assigned case load. If participant has a question about eligibility, please contact the trainer for clarification prior to registration. The trainer will decline admission to any applicant who does not meet the eligibility requirements.

**Accepted and Agreed:**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_