



Shrink inc.

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## EMDR Certification

### **Welcome to my Certification Group:**

Certification is a process to gain a working knowledge of all of the concepts presented in Part 1 and 2 of the Basic Training and demonstrate fidelity to the Eight Phases of EMDR Treatment. Other protocols will be discussed and used to expand your knowledge and experience using EMDR beyond what you learned in training.

### **THINGS YOU CAN DO FIRST:**

- Please look at the EMDRIA.org website, click on "Training and Certification".
- Read EMDRIA Certification in EMDR and keep for your records.
- Read carefully my Contract for Certification and your signature is your acceptance of the contract.
- Own a copy of Francine Shapiro's Book: Eye Movement Desensitization and Reprocessing (EMDR), Third Edition - Basic Principles, Protocols, and Procedures.

### **HOURS:**

- You need 20 consult hours. 10 of the 20 have to be individual hours, if you are involved in a group consultation.
- Group Consultation helps to share cost and allows you to see many client cases to see a wider array of ways that EMDR can be applied.
- When you present a client case, you get 30 minutes toward your individual hours and the rest of the group gets 2 group hours.
- Individual Consultation, all hours we meet are counted as individual hours.

### **PAYMENT:**

- All payments need to be paid at the meeting. My fee is \$150.00 per hour split by the number of folks who attend that meeting.
- I take credit cards, checks made payable to Shrink Inc. and cash. I prefer checks and cash.
- I keep track of payments and dates of meetings attended and I suggest you do the same in case there are errors.

### **STRUCTURE OF THE CONSULTATION:**

- Please be on time. And have your payment ready to save time.
- I go over some content of the basic training to clarify any confusions and answer questions. I also introduce new protocols and other info to keep you up on emerging ideas. I try to keep that down to the first 30 min.
- A person will present any questions or cases for their individual time to get feedback and to provide any teaching points. Follow the Addendum on how to present cases. This is not supervision.
- You must demonstrate in your case presentations your knowledge of the entire EMDR Standard Protocol, what phase you are in and where you are in the treatment plan.
- We agree at the end of the session who will present next time.
- Sharing any resources or info pertinent to EMDR is encouraged.



**THE DREADED DEMONSTRATION:**

- Everyone needs to provide a live example of their work to demonstrate that you understand all the phases of the protocol and how you deal with a real client as they re-process.
- Each person will demonstrate working with another group member 2 times on a real problem. We allow an hour for that and time for discussion.

This is not a test, it is part of learning and all will benefit from clearing up areas of the protocols that they don't know they are missing.

**THE END:**

- After you graduate, I will write an evaluation and recommendation and send it to you as you gather all your materials to send to EMDRIA. Simply doing the hours is not sufficient to get Certified.

**TROUBLESHOOTING:**

- Sometimes, one's learning may not be on track, and we may need to talk privately about anything that may emerge and do some problem solving to remedy the situation. Please know that I want you to be successful in your learning and accomplish your goal.