

CLINICAL GOVERNANCE OF EMDR IN IAPT, ADULT COMMUNITY MENTAL HEALTH AND PERINATAL MENTAL HEALTH SERVICES

Within IAPT, Adult Community Mental Health and Perinatal Mental Health Services¹ EMDR should only be delivered as recommended by NICE, where symptoms of PTSD are the target problem, rather than targeting other problems that may follow from trauma experiences². It should be delivered by one of the following:

1) people who have completed the NHS EMDR training, which represents the preferred, high quality preparation for NHS commissioned EMDR practice **OR**

2) **existing EMDR practitioners who have been employed in NHS commissioned services up to 31 December 2023** who have all of the following:

a) completed a minimum of 7 days (52 hours) training with an EMDR Europe Accredited Training course **AND**

b) have ongoing supervision from an EMDR Europe Accredited practitioner, who should normally be employed within the service³, and should have attended the required supervision training for that service (in IAPT this must include an EMDR specific component which sets out how EMDR should only be delivered where symptoms of PTSD are the target problem, rather than targeting other problems that may follow from trauma experiences) and who is in receipt of EMDR meta-supervision from an EMDR Europe Accredited Consultant (who should also have attended the required supervision training for that service). **OR**

3. new EMDR Practitioners starting to practice in NHS commissioned services from 1 January 2024 who have all of the following:

a) completed a minimum of 7 days (52 hours) training with an EMDR Europe Accredited Training course **AND**

b) have ongoing supervision from an EMDR Europe Accredited practitioner, who should normally be employed within the service⁴, and should have attended the required supervision training for that service (in IAPT this must include an EMDR

¹ Comprising specialist Perinatal Mental Health services, including Mother and Baby Units, community perinatal mental health teams and Maternal Mental Health Services

² Noting that people may have a number of diagnoses, but that symptoms of PTSD should be the focus of EMDR intervention

³ Employment of the supervisor within the service may be challenging for specialist perinatal mental health services and maternal mental health services. Where external supervisors are employed they should be prepared with a good understanding of the service context and governance requirements.

⁴ Employment of the supervisor within the service may be challenging for specialist perinatal mental health services and maternal mental health services. Where external supervisors are employed they should be prepared with a good understanding of the service context and governance requirements.

specific component which sets out how EMDR should only be delivered where symptoms of PTSD are the target problem, rather than targeting other problems that may follow from trauma experiences) and who is in receipt of EMDR meta-supervision from an EMDR Europe Accredited Consultant (who should also have attended the required supervision training for that service). **AND**

c) Meet the entry requirements set out in the EMDR national curriculum **AND**

d) Can evidence having undertaken and passed a formal assessment of EMDR competence to an equivalent standard as required in the NHS EMDR training⁵

For existing EMDR practitioners who do not meet the relevant requirements by 1 January 2024, the service should put in place a robust and urgent action plan to enable the requirements to be met.

⁵ a summative assessment using the EMDR fidelity rating scale (EFRS) Version 2. This must utilise at least section 3 (Adverse Life Experiences Processing subscale) and section 5 (Three-pronged Protocol Subscale). Each subscale must have a Fidelity Score that is equal to or greater than 2.0. (Korn, D. L., et al. 2017. EMDR fidelity rating scale (EFRS). Retrieved from <https://emdrresearchfoundation.org/emdr-fidelity-rating-scale>)

Health Education England (HEE) Entry Requirements for EMDR Training

Only applies if you work in NHS England Talking Therapies/IAPT, Adult Community Mental Health and Perinatal Health Services

Core professional training in a psychological therapy and experience of delivering the therapy is a prerequisite for entry into EMDR training.

Recruited candidates must be one of the following:

- o HCPC registered Clinical, Counselling, Educational or Forensic Psychologist
- o BABCP Accredited CBT Therapist

- o GMC registered Medical psychotherapist having completed higher specialist training in psychotherapy

- o British Association for Counselling and Psychotherapy (BACP) Accredited
- o United Kingdom Council for Psychotherapy (UKCP) Registered as a Psychotherapist or Psychotherapeutic Counsellor

- o National Counselling Society (Accredited Professional or above)
- o British Psychoanalytic Council Full Registrant

Recruited candidates should be selected who are able to demonstrate:

Core professional competences and generic therapeutic competences highlighted in the EMDR Competence Framework (1)

A background working in mental health or wellbeing services and :

- A minimum of two years' experience of delivering one-to-one psychotherapy, after meeting one of the entry registration/accreditation requirements and a good understanding of trauma

- The ability to be warm, empathic, show understanding and be able to support people in a state of significant distress
- Candidates should not be undertaking or plan to be undertaking any additional EMDR continuing professional development (CPD) training over the duration of the EMDR training programme they will be completing.
- **Service setting requirements:**
- Candidates need to be based in a service where they will be able to deliver EMDR to adults (inclusive of all ages) with PTSD.
- Candidates need to be able deliver within a pathway that offers a range of NICE guided interventions for the sequelae of trauma
- Commitment from the service that the trainee will be able to undertake EMDR with a minimum of 6-8 clients per week
- Able to offer 90-minute sessions routinely