

# EMDR INSTITUTE TRAINING

## NEW ZEALAND

### ELIGIBILITY REQUIREMENTS AND COST OF BASIC TRAINING

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EMDR Institute, Inc.  
Eye Movement Desensitization and Reprocessing

Accredited by



THE NZ ASSOCIATION FOR EMDR THERAPISTS

## EMDR Therapy Training in New Zealand

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# EMDR Therapy Training in New Zealand

## Eligibility Criteria (March 2022)

EMDR Therapy is a complex, structured psychotherapy.

To attend Basic Training in EMDR Therapy clinicians need to have substantial prior experience in standardised, structured psychological therapies and sufficient academic training to enable them to assimilate large amounts of complex theory over a short period of time.

Completion of Basic Training in EMDR Therapy is the first step on the journey to becoming a skilled EMDR therapist.

The training is open to mental health professional with full registration or membership with their professional body (Provisional membership is insufficient) and:

- Have an Honours Degree/Post Graduate Diploma or higher in mental health (NZQA level 8 minimum).
- Have training that includes specific structured psychological interventions such as CBT, DBT, etc.
- Hold a current case load with supervised practice in a mental health setting.
- Have worked 2 years full time or part time equivalent.

## Eligibility Requirement by Profession

**NB: If the trainer needs more information to enable them to make a fair assessment, you may be asked to provide a CV and transcripts of your relevant**

### Psychologists:

- Full registration with the Psychologists Board of New Zealand and current APC.
- Clinical Psychologists, Counselling Psychologists: Completion of training.
- Other Registered Psychologists: Training needs to include supervised experience in standardised, structured psychological interventions such as CBT, DBT, IPT at a minimum of Postgraduate Diploma level (please state details of this training or include a CV if listed there).

*Training in Hypnosis or Neuro Linguistic Programming is not considered to be adequate.*

### Nurses, Social Workers, Occupational Therapists:

- Full registration/membership of their professional body and current APC.  
Due to the broad spectrum of the undergraduate degrees in these professions, applicants must have completed further training to Postgraduate Diploma level or higher in psychotherapeutic modalities using standardised, structured interventions such as CBT, DBT or IPT.

The Postgraduate course must include supervision from an advanced practitioner accredited by the tertiary institution (please state details of this training or include a CV if listed there).

*Training in Hypnosis or Neuro Linguistic Programming is not considered to be adequate.*

**NB: Some overseas qualifications focus much more specifically on teaching psychological therapies. Please contact the trainer to discuss and provide a CV and transcripts of your study if requested.**

### Psychotherapists:

- Full registration with the Psychologists Board of New Zealand and current APC.
- Postgraduate Diploma level or higher in a relevant mental health field. Registration with PBANZ does not guarantee acceptance.

### Counsellors:

- Full membership with the New Zealand Association of Counsellors (NZAC) and a current APC.

All Counsellors will need to provide written evidence from NZAC of their full membership status as this is not currently available on the NZAC website.

DPAANZ membership on its own is insufficient.

- Postgraduate Diploma level or higher in a relevant mental health field.

### Art Therapists:

Professional membership with Association for Creative Arts Therapies in Australia, New Zealand and Asia (ANZACATA). Lower tiers of membership are insufficient.

Must have completed a Masters in Art Therapy from an ANZACATA accredited tertiary provider.

Training needs to include supervised experience in standardised, structured psychological interventions such as CBT, DBT and IPT (please state details of this training or include CV if listed there).

### Psychiatrists:

- Full registration with their professional body and vocational registration with the Medical Council of New Zealand.

### Other Medical Practitioners:

- Full registration with the Medical Council of New Zealand.

Medical Practitioners with substantial mental health experience may be considered but they must demonstrate relevant academic qualifications, training in psychological interventions and work experience in the mental health sector (please state details of this training or include CV if listed there).

### Psychology trainee interns and psychiatric registrars:

May be considered, however, the EMDR Institute Basic Training is intensive, and the experience of previous trainees has been that it may compromise preparation for exams and development of clinical experience in other therapeutic modalities. Advice should be taken from your current supervisor and from the EMDR Therapy trainer to whom you are applying.

### Overseas trained clinicians:

Overseas trained clinicians working in NZ must demonstrate (through NZQA if necessary) that their qualifications are equivalent to Postgraduate Diploma level or higher.

### Applicants with four-year university level academic qualifications from older training courses:

These older courses must be demonstrated to be equivalent to current criteria.

## EMDR Institute Basic Training Process

An EMDR Institute (founded by F. Shapiro) Basic Training comprises two training workshops. Each of the workshops are for three days, as well as a minimum of 2 x 5 hours of case consultations to ensure that the participants optimise their exposure to the practice of EMDR. Costs and details of each of the requirements for Basic Training for workshops one and two are outlined below.

### Basic Training Part One

1. Basic Training Part One takes place over a three-day period, with each day beginning at 8.30am and finishing at 5pm.
  - o The training is intensive, and it is recommended that candidates read the textbook “Eye Movement Desensitisation and Reprocessing (EMDR) Therapy, Basic Principles, Protocols and Procedures. 3rd Editions (Shapiro 2018).
  - o Basic Training Part One focuses on introducing attendees to the Adapted Information Processing Model (AIP), the 8 phases of EMDR therapy and prepares attendees to go back into their workplaces able to conduct EMDR sessions.
  - o The general recommendation is to have the two basic trainings at least six months apart.
2. Attendees must complete a minimum of 5 hours of Case Consultation with an Institute Accredited Case Consultant who is also a Facilitator. This can be done in a group or individual setting. Please note these case consultation hours must be done with an EMDR Institute Facilitator or Trainer to count towards these hours.
3. Attendees are recommended to log and submit 30 – 35 hours of EMDR client hours to attend Basic Training Two.
4. This completes Part One of the Basic Training.

## Basic Training Part Two

**NB: Only participants who have attended an EMDR Institute Training Part One can attend an EMDR Institute Training Part Two**

1. Basic Training Part Two also takes place over a three-day period, with each day beginning at 8.30am and finishing at 5pm.
  - Basic Training Part Two goes back over the AIP and eight phases of EMDR. It also introduces attendees to more advanced techniques including cognitive interweaves and other tools for working with more complex EMDR cases.
2. Following the workshop, attendees must complete a minimum of the second 5 hours of case consultation with an Institute Accredited Case Consultant who is also a Facilitator. Please note these case consultation hours must be done with an EMDR Institute Facilitator or Trainer to count towards these hours.
3. Attendees are recommended to log and submit 30 – 35 hours of EMDR client hours to complete their Basic Training.
4. Once submitted, the trainer will issue an EMDR Institute Basic Training completion certificate.



## EMDR Institute Basic Training Process

### Basic Training Part One

\$1080 (incl GST) for three-day workshop

- ❖ Plus, minimum of 5 hours of Case Consultation, either at a group Case Consultation day (\$300.00 incl. GST) or Individual Case Consultation (approx. \$220.00 per hour, depending on consultant) with an EMDR Institute facilitator or EMDR institute trainer
- ❖ Log of 30 – 35 hours completed EMDR client hours

### Basic Training Part Two

\$1080 (incl GST) for three-day workshop

- ❖ Plus, minimum of 5 hours of Case Consultation, either at a group Case Consultation day (\$300.00 incl. GST) or Individual Case Consultation (approx. \$220.00 per hour, depending on consultant) with an EMDR Institute facilitator or EMDR institute trainer
- ❖ Log of 30 – 35 hours completed EMDR client hours

EMDR Institute Basic Training Certificate of Completion