

Process for training EMDR Asia Trainers, based on criteria of Trauma Recovery/HAP Trainers

EMDR Part 1

We acknowledge and appreciate your participation for the orientation for EMDR Asia Trainer training from 7-8 January 2020 in Bangkok. It was indeed our pleasure to coordinate and facilitate this initial Trainers Training for the future EMDR Basic Trainings in Asia and to develop standards and practices across Asia.

Our senior trainers were pleased to participate and also appreciative of positive energies, zeal to learn, high level of competencies, confidence level, vast field experiences and teaching skills of most of the participants. We are grateful to Dr. Derek Farrell, Dr. Gary Quinn and Dr. Rosalie Thomas for their valuable time, sincere support and guidance and to Dr. Carol Martin from Trauma Recovery/HAP for the unconditional technical support as well as permission to use training material for Trainers and Consultants training in Asia. The training of Trainers is being conducted by using EMDR Institute Manuals and complying with European as well as TR-HAP standards .

This document outlines the process and benchmarks for completing Trainer Training to help you plan and to proceed during the course of this experiential training. Trainer Candidates will be assigned under an EMDR Asia Accredited Trainer as a mentor to help guide you through the process. Your mentor will consult with you before you begin presenting sections at trainings, as well as offer a brief phone/ e mail consult after the training of Part 1 and Part 2. All Trainer Candidates can be assigned to a different mentor for Part 2, if required and being available in Asia. The mentors are EMDR Asia Accredited Trainers , i.e. Dr. Atara Sivan (Hong Kong), Dr. Sushma Mehrotra, Dr. Dushyant Bhadlikar, Dr. Parul Tank (India, Sri Lanka, Bangladesh & Singapore), Dr. Ann Parichawan Chandarasiri and Dr. Sombat Tapanya (Thailand), Dr. Khadija Tahir (Pakistan), Dr. Fang Li (China), Dr. Tri Iswardani Sadatun(Indonesia & Cambodia), Dr. Masaya Ichii (Japan) and Dr. Daeho Kim, Dr. Nam Hee & Dr. Seok-hyeon Kim (South Korea).

All the participants in this list have participated in a 2-day intensive orientation workshop designed to prepare candidates for their role as an EMDR Asia Trainer. After this workshop, each candidate would begin presenting sections while Approved EMDR Asia trainings are being conducted by EMDR Asia approved trainers trainers..

During the orientation workshop for Part 1 and Part 2 Trainer Candidates were assigned portions from the Part 1 and Part 2 manuals. The presentations as PPT were provided for your guidance. You presented these sections to each other in a small group. You were to be evaluated on knowledge, presentation style, clarity of content and skills to handle questions, however our trainers preferred to apply a relaxed and congenial approach as you all were selected based on your years of experience and suitability to become a trainer. Overall all the candidates performed reasonably well and some feedback were provided.

The following sections were selected for the small group process of presenting to each other, with guidance and feedback from the Senior Trainer.

Part 1 sections for the orientation training:

7th & 8th January 2020:

7th Jan. Morning:

AIP Model: (pp 10-15) (expected time 45 minutes)

7th Jan. Afternoon:

History; Information Plateaus; AIP Treatment Plan; Procedures to Identify Memories for

Processing: (pp 17-20 and 21-22) (expected time 30-40 minutes)

Preparation (pp 27-29) (expected time 15-20 Minutes)

Mechanics and Intro to Safe Place (pp 30-33)

8th Jan. Morning:

Assessment (pp 48-54)

Desensitization (pp 55-63)

8th Jan. Afternoon:

Installation, Body Scan and Closure (pp 64-70)

Guidelines for the presentation of Pages/Sections for Part 1 Trainees after the Orientation Training under the guidance of the Mentor at local level Trainings in Asia

After completion of this orientation workshop, a Trainer Candidate will begin to present sections of the training at EMDR Asia Approved Part 1 trainings being conducted by an EMDR Asia Accredited Trainer.

The following schedule and sections have been selected as per the guidelines of Trauma Recovery/HAP Trainer Candidate requirements:

Most Part 1 Trainer Candidate requirements will be completed in 6 Part 1 trainings (named as weekend), based on progress and comfort level of each Trainer Candidate. Some candidates prefer to move faster than others.

Weekend 1: Present three sections – one each day

Day 1 – EMDR Approach and AIP informed treatment plan (pg. 9-15, 21-22)

Day 2 – Phases 3 & 4 including processing issues (53-63)

Day 3 – Phase 8 & completing the Targeting Sequence Plan including 3 prongs (93-102)

Weekend 2: Present other sections

Day 1 – Phases 1 & 2 (History and Preparation) (16-20, 23-35)

Day 2 – Phase 3 (partly NC & PC, 48-52), Phases 5-7 (Installation-Closure) (64-70)

Day 3 – Further Strategies for Facilitating Processing pg 84-92, Recent Events (103-104)

In some situations, there will be two (2) Trainer Candidates at one event. In this case the trainers will either do the “Trainer Candidate weekend 1” or “Trainer Candidate weekend 2” identified sections. At the following trainer training, the Trainer Candidate would then do the sections they had not yet done. Please work with your trainer to identify who will cover which portions. Remember the idea is to get an opportunity to teach all sections at some point during your trainer’s training.

After weekend 2, mentor and Trainer Candidate discuss progress and areas for increased focus. The Trainer Candidate can then prepare these for weekend 3 (In case of inadequate performance, the sections may be repeated during the next training).

Weekend 3: Co-train, focusing on areas needing increased focus/attention, and include

Day 2 & 3 – Blocked Processing (59-63 & 84-88)

After weekend 3, please send in a copy of your Progress Report to the Chairperson of the EMDR Asia Training, Standards, and Accreditation Committee.

Progress Report.is attached

The Senior Trainer(s) who have completed the Progress Report along with the Training Candidate's mentor will discuss progress and assess the Training Candidate's expertise and level of comfort in presenting the material. In collaboration with the Training Candidate, they will make a decision whether the training process should continue with the Weekend 4 schedule, or if additional Weekend 1, 2, or 3 practice sessions should be added. Once it is determined that the Training Candidate is comfortably prepared, they should continue with the Weekend 4 schedule.

Weekend 4: Co-train or Lead entire training with Senior Trainer or mentor as safety net

Weekend 5: Co-train or Lead entire training with Senior Trainer or mentor as safety net.

Weekend 6: Lead entire training with Senior Trainer or mentor as safety net.

All Trainer Candidates must average evaluations of 4 or higher by the end of training and do one Part 1 training solo with exceptional evaluations from participants before proceeding to Part 2 training.

EMDR Part 2

In order to begin Part 2 training, you must complete Part 1 and then have exceptional evaluations for one solo Part 1 training. Following that, you will then be invited to attend a Part 2 workshop / orientation organized by EMDR Asia Trainers team. Again, Trainer Candidates will be assigned an EMDR Asia Accredited Trainer as a mentor to help guide you through the process. This can be a different mentor than for your Part 1 training, based on the requirement and availability of another mentor. Your mentor will consult with you before you begin presenting sections at trainings, as well as offer a brief phone consult/ email after each training in Part 2. The mentors are EMDR Asia Accredited Trainers, i.e. Dr. Atara Sivan (Hong Kong), Dr. Sushma Mehrotra, Dr. Dushyant Bhadlikar, Dr. Parul Tank (India, Sri Lanka, Bangladesh & Singapore), Dr. Ann Parichawan Chandarasiri and Dr. Sombat Tapanya (Thailand), Dr. Khadija Tahir (Pakistan), Dr. Fang Li

(China), Dr.Tri Iswardani Sadatun(Indonesia & Cambodia), Dr. Masaya Ichii (Japan) and Dr. Daeho Kim, Dr. Nam Hee & Dr. Seok-hyeon Kim (South Korea).

The following sections were selected for the small group process of presenting to each other, with guidance and feedback from the Senior Trainer.

7th & 8th January 2020:

7th January Morning:

EMDR Therapy as a comprehensive approach: (pp 1-5)

7th January Afternoon:

Case conceptualization for a complex trauma (pp 6- 11 & 19-21)

8th January Morning:

Assessment and reprocessing phases, (44-55); EMD, Pp: 64-65

January 8th Afternoon:

Phobia (pp 66-67) and Dissociation (pp 72-73)

Guidelines for the presentation of Pages/ Sections for Part 2 Trainees after the Orientation Training under the guidance of the Mentor at local level Trainings in Asia

After completion of this orientation workshop, a Trainer Candidate will begin to present sections of the training at EMDR Asia Approved Part 2 trainings being conducted by an EMDR Asia Accredited Trainer. The following schedule and sections have been selected as per the guidelines of Trauma Recovery/HAP Trainer Candidate requirements: If 2 trainer candidates are at one event, please work with your trainer to identify who will cover which portions. Remember the idea is to get an opportunity to teach all sections at some point during your trainer training.

Weekend 1: Co-train with Senior Trainer. Present and review your materials for a 'fidelity check' from the Senior Trainer each day so as to be part of the 'team' conducting the training. This is also an opportunity to hear the new material from the senior trainer.

Day 1 –EMDR Therapy as a Comprehensive Approach / Three-Pronged Protocol

Overview of 8 Phases (pp. 1-6)

Trainers training, EMDR Asia, January 2020

Case Conceptualization for complex clinical presentation (pp19-21)

Day 2: blocked processing and cognitive interweave (pp 46-51)

Potential Obstacles to Processing (pp.54-55)

Day 3 EMDR and Phobia protocols (pp 64- 67)

Weekend 2: Co-train with Senior Trainer and present the new material of most importance.

Day 1 – Types of clinical presentations and strategies to increase stability (pp 7-14).

Day 2 –Assessment and reprocessing phases and blocked processing with the Cognitive Interweave / Strong Emotional Responses (pp. 44-49)

Day 3 – Dissociation (pp. 72-73)

Weekend 3: Co-train with Senior Trainer or peer. Essentially a clean up experience to re-teach areas needing improvement and cover the remaining materials.

Day 1 –Preparation Phase for Complex Clinical Presentations (pp.16-19)

Day 2 –Procedure for Closing Down Incomplete Session (pp. 29-36)

Day 3 –Somatic Disorders (69-71) and Grief and Mourning (pp. 78-79)

Videos:

There will be 4 videos submitted. The first one is a clinical video which is submitted prior to Part 1 training as qualifying criteria for the selection requirements (along with other selection criteria).

1. The clinical video which has already been submitted as qualifying criteria prior to becoming a Facilitator/ Consultant. This video must demonstrate competency in explaining the AIP model and in delivery of Phases 3 through 7 of the Standard Protocol. It should be of good quality. A positive assessment is required for admission into the advanced training process.

The other 3 videos will be submitted after completing both the orientations of Part 1 & 2, and after completion of the required pages/presentations of Trainer Candidates in vivo in the presence of the EMDR Asia Accredited Trainer (this video is being taken when you are teaching/covering your portions). A positive assessment is required for certification and accreditation purpose. The assessment criteria are available in a separate document.

2. One video of presenting 3 topics of Part 1 pages. This can be recorded during the Trainer Candidates presentations Weeks 4, 5, or 6.
 3. One video of Part 2 presenting 3 topics from Part 2 pages. This can be recorded during the Trainer Candidates presentations Weeks 4, 5, or 6.
 4. An unedited clinical video with a client and should be perfect and of good quality, this can even be used as teaching video
- Note: A video recording demonstrating the ability of presenting the key elements of training may not be required during the orientation in Thailand and will be presented after or during the co- Training phase