

EMDR Competency Checklist

Case Conceptualization and Treatment Planning:

- Candidate understand how past experiential contributors impact/inform present day disturbances and can be used to predict or inform positive outcomes.
- Candidate is competent at determining the past events and knows the utmost importance of reprocessing the past events first, unless there is a valid reason why not to reprocess the old material first (i.e., recent event or acute stress reactions). Candidate has thoughtful understanding and offers valid reasons for not proceeding in this manner.
- Candidate is competent at determining and carrying out the individualized treatment plan including the three-pronged approach (past events, present day triggers and future template).
- Candidate understands and knows how to determine the client's readiness for reprocessing. S/He knows how to adequately prepare the client for reprocessing. Candidate understands that positive memory networks are necessary for reprocessing and how to develop them.
- Candidate understands the complexity of multiple early trauma and disturbing materials and the influence or complications it causes to treatment planning. Candidate is able to demonstrate how to proceed with the reprocessing treatment plan, when blocking beliefs or feeder memories or other disturbing events surface.

Phase 1: History Taking

- Candidate appropriately gathers historical information both in general and EMDR specific. In regards to the EMDR specific history gathering, the candidate appropriately identifies the earlier experiences (e.g., traumatic and disturbing live event) as well as negative themes or beliefs which influence and impact the present life experiences.
- Candidate appropriately identifies what earlier life events could have contributed to developmental deficits and maladaptive learning.
- Candidate is able to identify the earliest contributors to the client's pathology and behavioral/emotional dysfunction.
- Candidate understands the importance of the concepts Responsibility, Safety and Choice to determine treatment planning.

Phase 2: Preparation

- Candidate has appropriate therapeutic relationship before starting to reprocess memories
 1. Knows how to conduct multiple tools for stabilization Safe/Calm Place
 2. RDI
 3. Container
 4. Relaxation and other stress management strategies
- Candidates understands why and how to use stabilization tools not only in preparation for reprocessing, but also during history gathering and between sessions.
- Candidate understands all the mechanics and procedures involved in resourcing and reprocessing.
- Candidate explains all these elements of EMDR to client as part of the explanation of EMDR.
 1. Seating
 2. Distance
 3. BLS

Form A

Criteria for Certification

Freitag & Swan '11

- a. Formats, with EM as the preferred
- b. Differences for resourcing verses reprocessing

4. Stop Signal/Metaphors

Phase 3: Assessment

- Candidate arranges seating position, determines distance, stop signal and preferred BLS method before proceeding with the Assessment. The candidate also provides explanation of the procedures and expectations of the client during reprocessing.
- The memory for reprocessing is adequately chosen and accessed by identifying all components of the traumatic memory:
 1. Target memory
 2. Image
 3. Negative Cognition (NC)
 - a. Negative/Irrational, Self-referencing Statement
 - b. Present-Tense, while re-experiencing the old memory now
 4. Positive Cognition (PC)
 - a. Positive, Self-referencing Statement
 - b. Present-Tense
 5. Validity of Cognition (VOC 1-7)
 6. Emotions/Feelings
 7. Subjective Units of Distress (SUDS 0-10)
 8. Location of Body Sensation

Phase 4: Desensitization

- Candidate conducts BLS appropriately given clients presentation
- Candidate stays appropriately “out of the way”
- Candidate gives appropriate support, uses metaphor during a set of BLS, if necessary
- Candidate knows when and how to intervene when reprocessing is stalled or looping
- Candidate appropriately manages client’s abreactions
- Candidate appropriately knows when, why and how to re-access target memory
- Candidate knows how to take a SUDs and what to do if it is >0
- Candidate knows what to do if SUDs = 0 (1, if ecologically sound)
- Candidate appropriately responds client’s stop signal, if appropriate
- Candidate knows how to close down an incomplete session

Phase 5: Installation

- If SUDs = 0 (1, if ecologically sound), candidate pairs original positive cognition with the targeted memory to check its appropriateness. If not, the candidate facilitates the client to determine a more suitable positive cognition.
- Candidate appropriately checks the VoC rating of the suitable positive cognition paired with the targeted memory.
- If VoC is <7, candidates knows how to determine what is preventing it from being a 7 and resume reprocessing.
- When VoC is = 7, candidate conducts a set of BLS to complete Installation.

Phase 6: Body Scan

- Candidate has client perform a Body Scan while pairing targeted memory with PC, requesting client to noticing any disturbing thoughts, emotions or body sensations.
- If necessary, candidate resumes reprocessing by having the client focus on disturbing material.
- Candidate conducts another Body Scan, once disturbing material is reprocessed.

Phase 7: Closure

Incomplete EMDR session at the end of a therapy session

- Candidate appropriately conducts container and affect management exercises
- Candidate does appropriate debriefing
 1. Explanations – i.e., reprocessing may continue
 2. Recommendation of the use of containers, safe place, and other affect management strategies between sessions
 3. Expectations of client, such as keeping a log

Completed EMDR session

- Candidate does appropriate debriefing
 1. Explanations – i.e., reprocessing may continue
 2. Expectations of client, such as keeping a log
- Containment for any disturbing materials which was activated during reprocessing but not directly related to reprocessed targeted memory

Phase 8: Re-Evaluation

- Candidate appropriately checks in with client about experiences since last session.
- Candidate arranges seating position, determines distance, stop signal and preferred BLS method before proceeding with any further reprocessing or setting up the next target memory.
- In the event of an incomplete reprocessed EMDR target in previous session, candidate appropriately re-accesses target and continues with reprocessing.
- In the event of a completed EMDR target in previous session, candidate appropriately proceeds with the individualized treatment plan by choosing and reprocessing the next target memory.

Future Template

- When past events and present day triggers are adequately reprocessed, candidate continues with Future Template protocol.