



EMDRAA Accredited Training Eligibility Requirements

EMDR therapy requires advanced clinical knowledge, skills and experience on the part of the practitioner in order to maintain high treatment fidelity and safety for clients. As such, a mental health educational and clinical background is a prerequisite for undertaking EMDR therapy training and working in safe and effective ways as an EMDR practitioner. It is therefore a requirement for training that all trainees be experienced mental health professionals who are fully registered with a professional association following successful completion of a mental health degree. The following professional may apply to undertake EMDR therapy training:

Allied Health Professionals

- Psychologists are required to be fully registered with AHPRA or the New Zealand Psychology Board.
- Occupational Therapists are required to be registered with AHPRA or the New Zealand Occupational Therapy Board and to have two additional post-graduate years' experience working in mental health and specialist training in mental health.
- Social Workers must normally be registered as a Mental Health Social Worker with the Australian Association of Social Workers or in New Zealand with the Social Workers Registration Board and/or be able to demonstrate eligibility for the same. This would require two additional postgraduate years' experience and specialist training in mental health.

Other social workers may be suitable if they meet the following criteria:

- are eligible for membership of AASW, and
 - have a minimum of 2-years experience in a counselling role in a mental health setting, or a publicly funded service delivering specialist counselling to clients suffering trauma, and;
 - are currently employed in a specialist counselling service, or have been in the last 2 years.
- Counsellors and Psychotherapists are required to be registered with the Psychotherapy and Counselling Federation of Australia



VM PSYCHOLOGY SERVICES

(PACFA) as a Clinical member or as an Accredited Mental Health Practitioner or the Australian Counselling Association (ACA) as a Level 3 or 4 member.

In New Zealand Psychotherapists are required to be registered with the Psychotherapists Board. Counsellors are required to be registered with the New Zealand Association of Counsellors as a Level 8 member.

- Creative Arts Therapists are required to be senior members of ANZACATA (The Australian, New Zealand & Asian Creative Arts Therapies Association), who have completed an approved mental health degree, followed by an approved Master's degree in Arts Therapy, and 750 hours of supervised clinical placement. Only Senior members of ANZACATA who have this professional status are entitled to use the post nominals AThR.

Medical Practitioners

- Psychiatrists are to be registered with the Australian Health Practitioner Regulatory Authority (AHPRA) or the Medical Council of New Zealand. It is required that psychiatrists have at least 2 years clinical experience working in the mental health field prior to training.
- General Practitioners are required to have additional training in Psychological Medicine, and be registered with AHPRA or the Medical Council of New Zealand. It is required that GP's have undertaken additional training and experience in mental health diagnosis, assessment, and clinical intervention/ counselling intervention before training with at least 2 years clinical experience in mental health intervention/ counselling work.

Mental Health Nurses

- Mental Health Nurses are required to be credentialed by the Australian College of Mental Health Nurses and/or demonstrate how they meet credentialing standards of the Australian College of Mental Health Nurses and be registered with AHPRA or in New Zealand with the Nursing Council of New Zealand.



VM PSYCHOLOGY SERVICES

Interns/Students

Students enrolled in a graduate-level program (Masters degree or higher) in mental health (psychiatry, psychology, social work, counselling, etc.) that are currently involved in the internship/placement portion of their program and are working under the supervision of a qualified mental health professional can also apply to train.

Please note that many graduate counselling qualifications when completed are often followed by substantial additional hours and supervision to allow registration with ACA or PACFA at the required level. As such, student provisions might not apply for post-graduate counselling degrees, and only apply after two further years of experience after this post-graduate training (toward the end of the accrual of the additional client work hours).

Applicants who do not meet the above criteria can apply on an individual basis to the Board of EMDRAA via the Accreditation and Standards Committee, should they feel their training and experience is equivalent to the above. Applicants will need to provide proof of committee approval for training when applying to train.

Applicants should at a minimum:

1. Be registered with a mental health professional association
2. Have an approved mental health degree
3. Have undertaken additional training in trauma and have a sound working knowledge of PTSD
4. Have at least 2 years recent experience of working in a mental health clinical setting
5. Have the support of their employer and / or clinical supervisor and a written confirmation/support letter as evidence that they meet the required criteria.

Time Frame for Completion of Training

Participants who commence an EMDRAA Accredited Basic Training must complete the entire training within two (2) years from their initial start date.

Please note: to ensure clarity, check the most recent eligibility criteria with EMDRAA: [Are you Eligible? - EMDRAA](#)



VM PSYCHOLOGY SERVICES

If you are not eligible, it is still possible to get trained under special circumstances, which requires a free application to the Accreditation and Standards Committee of EMDR Australia. Please talk to Leisa or Vania about it.

Inclusion policy

Dr Leisa Davina and Vania Miteva encourage inclusion, diversity and equity in their practice and training. As such, we equally encourage trainees irrespective of gender, sexual orientation, race, class, ability, language, religion, ethnicity or demographic, supporting all trainees to feel valued, safe and empowered to learn, participate and grow their EMDR therapy skills and meet all of the training requirements above.

Training workshops will allow access for those with a disability and accommodations will be made where possible to assist individual needs. Please advise Leisa or Vania in advance of your workshop if you have a disability or special need that will require assistance or accommodation during training.

Dr Leisa Davina: drleisadavina@gmail.com

Vania Miteva: vania@vmpsychology.co.nz