

The EMDR Center of Canada Inc.

Basic Training in EMDR

Participant Agreement

The undersigned participant acknowledges that he or she has thoroughly and carefully read, understands, and agrees to the following:

- _____ Initial 1. EMDR is widely recognized as an empirically supported treatment for PTSD and Acute Stress Disorder. Its safety and efficacy for other clinical applications have yet to be adequately evaluated by controlled research. The cautions described in the published literature and in The EMDR Center of Canada Inc. Basic Training in EMDR are based primarily on anecdotal reports by trained clinicians.
- _____ Initial 2. All participants must be licensed or registered to independently practice psychotherapy in a discipline recognized by EMDRIA. If not licensed or registered, participants must have completed Master's level coursework in a mental health or related discipline recognized by EMDRIA; must currently be on a licensing or registration track; and must be supervised by a licensed or registered clinician with the appropriate letter(s) on file. The letter from the licensed or registered supervising clinician must be submitted to The EMDR Center of Canada Inc. and must indicate that you have clinical privileges to practice psychotherapy under supervision and should endorse and support you to participate in this EMDR training.
- _____ Initial 3. All participants must have a current, active psychotherapy caseload. This training is designed to help participants integrate the use of EMDR Therapy in their current clinical setting. This training program is not intended for managers, researchers or clinicians who do not carry an active psychotherapy caseload in which they can conduct individual psychotherapy.
- _____ Initial 4. A significant component of the training involves clinicians practicing EMDR therapy and related procedures in small groups under the supervision of the instructor or a qualified staff member. These practice experiences are for training purposes only and are not intended for personal therapy. All participants should be prepared to address disturbing real-life experiences as part of this training program in order to appreciate the subjective experience of EMDR as a client would, and to provide valid training experiences for other participants. It is not unusual for a target memory to be linked to other, unexpected, disturbing memories or material, which might surface during or after the practice sessions. Trauma-related case material presented didactically, in consultation sessions, or on video may be disturbing to those with unresolved personal issues. In submitting their application for training, participants affirm that they have developed appropriate self-soothing and affect/arousal management skills to cope with exposure to this type of material and will be able to employ these skills as necessary during and following EMDR training, practice and consultation sessions.

5. Further, with reference to number 4 above:

- _____ Initial a. Clinicians presently engaged in personal therapy and/or psychiatric treatment should inform their therapist and/or psychiatrist about all aspects of this training including the experiential component, and secure their therapist's and/or psychiatrist's support to participate before beginning this training.
- _____ Initial b. Those with limiting or special medical conditions (pregnancy, heart condition, ocular difficulties, etc.) should consult their medical professionals before participating in this training, and should discuss their condition(s) with the Director of Training in advance of submitting their application to participate in the training.
- _____ Initial c. Those who presently have or who have previously been diagnosed with a dissociative disorder, acute or complex PTSD, GAD, panic disorder, substance use disorder, personality disorder, or affective disorder should not participate without special arrangements being made with the Director of Training as part of the application for registration. Failure to advise the Director of Training of such issues in advance could place you at risk, negatively impact other participants, and result in dismissal from the training without refund. Participants who are disruptive to the training will be given one warning by the Director of Training and will be dismissed without refund if there is a recurrence. You are expected to maintain a spirit of cooperation and mutual support for all in the training. Splitting and conflict-generating behavior will not be tolerated. You agree that the Director of Training has the right to dismiss anyone who is disruptive from the training at any time without refund.
- _____ Initial 6. The reprocessing of targeted incidents during practicum sessions may lead to the emergence of other disturbing memories during and after the practicum. It is the responsibility of the participant to seek, obtain and pay for appropriate professional assistance if needed. Providing such assistance is not part of the training and will not be provided by the Director of Training or staff. Clinicians who elect to do personal EMDR work can find lists of EMDR trained clinicians through www.emdria.org or www.emdrCanada.org
- _____ Initial 7. This experiential training is intended to prepare clinicians to apply EMDR for clinical purposes only and will not qualify the participant to train others in EMDR. Attempts to train others in EMDR without meeting the standards as defined by the EMDR International Association would represent a violation of professional ethics and standards.
- _____ Initial 8. In order to assure confidentiality of personal and clinical information, audio/video recording by participants is not allowed. It is expected that all participants shall maintain the highest ethical standards of confidentiality regarding all personal and clinical information shared by others in this training. Failure to maintain confidentiality shall be treated as a professional ethics issue and may result in immediate dismissal from the training program with no refund. Confidentiality shall apply to all consultation sessions and practicum experiences: specifics may be discussed only with members of the immediate consultation or practice group, the participant's group consultant, practicum supervisor and trainer(s). Outside the training, a participant may share his or her own emerging material with anyone.

- Initial 9. Participants agree to obtain written consent for the release of (non-identifying) information from each client prior to presenting case material during group consultation sessions. Participants agree to keep a completed written release form in each client's chart about whom they disclose any case material. Participants agree to avoid disclosure of client's names or other identifying information in making verbal presentations and in sharing written documentation of client sessions.
- Initial 10. Participants **agree to read in their entirety and thoroughly study portions of both** Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing, Basic Principles, Protocols and Procedures*. New York: The Guilford Press **and** Leeds, A. M. (2016). *A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants*. New York: Springer Publishing. Participants must pay for these study materials in addition to the course tuition fee. Participants will be provided one copy of the course manual. A fee of approximately \$40 will be charged for replacement copies of the course manual.
- Initial 11. A Certificate of Completion will be issued to all participants who satisfactorily complete the entire training, complete the assigned readings, and demonstrate through group discussion, practice exercises and consultation, an understanding of the EMDR treatment approach. **Note:** For consultation sessions participants are required: 1) to prepare a written summary about their actual clinical use of specific procedures; 2) and to complete and structured self-evaluations forms about their actual clinical experiences. Participants are expected to participate actively and to work diligently during the entire training.
- Initial 12. Attendance Policy: Participant must attend all training days and actively participate in all supervised practice exercises and group consultation sessions in order to receive a certificate of completion for this training. Those who attend this workshop in full, actively participate and complete all the appropriate evaluation forms will receive CE credits. Those who miss more than 15 minutes at any time during the training will not receive CE credits and will be required to make up this time in order to receive CE credits and a Certificate of Completion.
- Initial 13. Weather Policy: There may be times when there is severe weather near the training facility, such as extreme snow fall. Except under the most severe of weather conditions, we will hold the training. It is the responsibility of participants in this EMDR training, including those who travel from out of the city, to plan ahead and make appropriate travel arrangements, including the use of nearby hotels so that you can be available for the training.
- Initial 14. Use of Copyrighted Training Materials: The printed course manual and other original materials provided by The EMDR Center of Canada Inc. through the Box.com service are all copyright by Andrew M. Leeds, Ph.D. unless otherwise stated. Participant is granted a limited license to copy these copyrighted materials for his or her own study and use in his or her own clinical setting. Participant agrees **not** to distribute or share these materials or make physical or digital copies of these materials to anyone else unless they have previously received written permission from Andrew M. Leeds, Ph.D. Participant agrees that violating this limited license without such written permission will subject participant to full legal penalties for copyright infringement.

My signature below certifies that I have read, understood and consent to all of the above conditions.

Please print your name: _____

Accepted and agreed: _____
Participant's Signature Date