

# EMDRIA Certification

## Instructions for Recording a Session to Demonstrate Fidelity

In order to complete sessions for certification the consultee must have a total of 20 hours of consultation. Of these, 10 must be individual and the other 10 in any combination of group or individual. All components of the Basic training including the consultation that is included as part of that program, must be completed prior to accumulation of hours towards certification.

## Video Recording

I require a video recording of an EMDR session that includes Phase 4 Trauma Reprocessing that demonstrates satisfactory fidelity to the Standard Protocol prior to me recommending a Consultee for Certification for the following reasons:

- a) The supervision/consultation literature concludes that the better the fidelity to EMDR protocol, the better the treatment outcomes.
- b) Reviewing video recordings of one's work with a supervisor/consultant is the best method for developing therapy skills.
- c) The new EMDRIA Consultation Packet (2020) now recommends a recording be used for evaluating fidelity.

## Fidelity Rating Scale

There is a new version [ver. 2] of the Fidelity Rating Scale. You will find it at <https://emdrresearchfoundation.org/research-grants/emdr-fidelity-rating-scale/>. Not all of the subscales will be applicable to a single therapy session that contains trauma reprocessing. The most likely sections to use will be "Part One: EFRS Scoring Forms", "Section III. Adverse Life Experiences" and the sections that follow, depending on how far you get in the session.

## Steps for Submission for Certification

1. Complete a video session with your client that contains the phase four: desensitization.
  - a) If it's a face-to-face session angle the camera to include the client's face & upper torso. Allow the camera to run until the end of the session. Ensure you have a signed Consent to share the recording with me (sample available).
  - b) If you are using a video-conference platform, many of them have a "Record" feature. This is the easiest way of recording a session. Conduct the session as usual after clicking Record. Ensure you have a signed Consent to share the recording with me (sample available).
    - a. Many video-conference platforms offer choices about what is visible on your screen ("views"). The optimum "view" for evaluating fidelity has the client filling half the screen and the therapist filling the other half. Zoom calls this "Gallery View."
  - c) The recorded session can be the first of a specific target, or a subsequent session.
  - d) Send the video to me, and any passwords required to view it. It will be destroyed after we have completed your certification meeting.

2. Send me a brief summary about the background context of the client (i.e. – social history, presenting issues). If it is not the first session with this target also provide a summary of the presenting issue, specific Picture, NC, PC, VoC, Emotions, SUDS, & Body Sensations and a brief summary of what happened in the previous EMDR session.
3. Identify a section of the session (e.g.: from 12:15 to 16:35) which you are very pleased with and outline why you believe it went well.
4. Identify with time markers, a section of the session that you believe didn't go well, speculate why it didn't and how you would handle it differently in the future.
5. Send me the video, fidelity rating scale, summary of client, and the reviews of what went well and what you would change.
6. We will book a consultation review time.
7. The consultee & I both evaluate the session independently using the applicable parts of the Fidelity Rating Scale. I will view the summary and video, complete my fidelity rating scale, and then I will view your scale and your reviews. Our session will review your competency for certification with discussion and feedback.

I do not charge for my time outside the session to review & score the *first* recording submitted. If more recordings are required in order to demonstrate satisfactory fidelity, I will charge my standard clinical rate for the time required to evaluate further recordings.

Please let me know if you have other questions before proceeding.

B Wallis, August 2023

\*Adapted with permission from Jim Lichti, EMDRIA Approved Consultant Ver. 1.5, Feb. 2021\*