

Kathleen Phelps, MSW, LCSW

EMDR Certified Therapist & Consultant-In-Training

CA License LCS20058

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Necessary Criteria for Recommendation as EMDRIA Certified Therapist

Case Conceptualization and Treatment Planning:

- Candidate understands 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, including adequate screening for dissociation. Candidate 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 life events) 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.
- Candidate is able to develop target sequences based on appropriate individualized treatment

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plans

Phase 2: Preparation

- Candidate is able to explain the AIP model and the process of EMDR therapy to the client in a cohesive and understandable manner, including metaphors and stop signal.
- Candidate has appropriate therapeutic relationship before starting to reprocess memories
- Candidate is able to adequately assess for dissociative symptoms and adjust treatment approach accordingly
- Candidate knows how to conduct multiple tools for stabilization
 1. Calm Place
 2. RDI
 3. Container
 4. Relaxation, grounding techniques and other stress management strategies
- Candidate 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 and understands rationale for variations of the following:
 1. Seating
 2. Distance
 3. BLS
 - a. Formats, with eye movement, as the preferred
 - b. Differences for resourcing versus reprocessing

Phase 3: Assessment

- Candidate arranges seating position, determines distance, stop signal and preferred BLS method as well as provides explanation of the procedures and expectations of the client during reprocessing - before proceeding with the Assessment.
- 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

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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 knows when and how to intervene when reprocessing is stalled or looping
- Candidate gives appropriate support and 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 needed
- 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.

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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, calm place, and other affect management strategies between sessions and, if necessary, noting triggers/experiences relevant to processing and contacting the therapist if continued processing is unmanageable

Completed EMDR session

- Candidate does appropriate debriefing
 1. Explanations – i.e., reprocessing may continue
 2. Recommendation of the use of containers, calm place, and other affect management strategies between sessions and, if necessary, contacting the therapist if continued processing is unmanageable
- 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

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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.