

Eligibility Criteria for EMDR Therapy Training in New Zealand, October 2020

EMDR Therapy is a complex, structured psychotherapy. To attend Basic Training in EMDR Therapy clinicians need to have substantial prior experience in standardised, structured psychological therapies and sufficient academic training to enable them to assimilate large amounts of complex theory over a short period of time. Completion of Basic Training in EMDR Therapy is the first step on the journey to becoming a skilled EMDR therapist.

Eligibility Requirements by Profession

NB. If the trainer needs more information to enable them to make a fair assessment, you may be asked to provide a CV and transcripts of your relevant academic study.

Psychologists: Full registration with the Psychologists Board of NZ, & Current APC

Clinical Psychologists, Counselling Psychologists: completion of training.

Other Registered Psychologists: Training needs to include supervised experience in standardised, structured psychological interventions such as CBT, DBT, IPT at a minimum of Postgraduate Diploma level.

Please state details of this training or include CV if listed there

Training in Hypnosis or Neuro Linguistic Programming is not considered to be adequate.

Nurses, Social Workers, Occupational Therapists:

Full Registration/Membership of their professional body & Current APC

Due to the broad spectrum of the undergraduate degrees in these professions, applicants must have completed further training to Postgraduate Diploma level or higher in psychotherapeutic modalities using standardised, structured interventions such as CBT, DBT, IPT. The postgraduate course must include supervision from an advanced practitioner accredited by the tertiary institution.

Please state details of this training or include CV if listed there

Training in Hypnosis or Neuro Linguistic Programming is NOT considered to be adequate

NB. Some overseas qualifications focus much more specifically on teaching psychological therapies. Please contact the trainer to discuss, and provide a CV and transcripts of your study if requested.

Psychotherapists: Full registration with the Psychotherapist Board of Aotearoa New Zealand & Current APC.

Postgraduate Diploma level or higher in a relevant mental health field. **Registration with PBANZ does not guarantee acceptance.**

Counsellors: Full membership of the New Zealand Association of Counsellors & Current APC. All Counsellors will need to provide written evidence from NZAC of their Full Membership status as this is not currently available on the NZAC website. DPAANZ membership on its own is insufficient.

Postgraduate Diploma level or higher in a relevant mental health field.

Art Therapists: Professional membership of ANZACATA - Association for Creative Arts Therapies in Australia, New Zealand and Asia. (Lower tiers of membership are insufficient).

Must have completed a Masters in Art Therapy from an ANZACATA accredited tertiary provider.

Training needs to include supervised experience in standardised, structured psychological interventions such as CBT, DBT, IPT.

Please state details of this training or include CV if listed there

Psychiatrists: Full registration with their professional body and vocational registration with the Medical Council of New Zealand.

Other Medical Practitioners: Full registration with the Medical Council of New Zealand
Medical Practitioners with substantial mental health experience may be considered but they must demonstrate relevant academic qualifications, training in psychological interventions and work experience in the mental health sector.

Please state details of this training or include CV if listed there

Psychology trainee interns and psychiatric registrars: May be considered, however, the EMDR Institute Basic Training is intensive and the experience of previous trainees has been that it may compromise preparation for exams and development of clinical experience in other therapeutic modalities. Advice should be taken from your current supervisor and from the EMDR Therapy trainer to whom you are applying.

Overseas trained clinicians working in NZ must demonstrate (through NZQA if necessary) that their qualifications are equivalent to Postgraduate Diploma level or higher.

For applicants with 4 year university level academic qualifications from older training courses, these must be demonstrated to be equivalent to current criteria.

