C & A consultants training (CCT)

The training will be done in English online with zoom by Joanne Morris-Smith & Michel Silvestre, both seniors EMDR C & A trainers.

- 8 participants maximum
- 2 days
    - 9:30am (Central European time) to 5:00 pm; lunch 12h30 to 2pm
    - 6hrs per day
- Dates:
    - Friday September 15 th & Saturday September 16th, 2023

Requirements:

- Being member of the national association
- All candidates for training must provide a letter from their national association, saying that they are fulfilling all requirements. A letter from their former EMDR consultant might be added (not obligatory), stating that they are ready to undertake training (if the consultant has relevant and accurate information about this).
- To be a generic EMDR accredited practitioner and to have completed C & A EMDR training and being accredited as an EMDR practitioner for at least two years, or as many years as required by their national association, prior to commencing this training. If there are no regulations in the specific country, then grandparenting takes place.
- Having experience with EMDR therapy for more than 400 sessions with 75 patients of which at least 50% with C&A. If C&A is the second registration (after/besides generic consultant), then more than 150 sessions with 37 patients. On weekly basis with at least 4 hours with C&A.
- Working in mental health care for more than 16 hours weekly, of which at least 8 hours with C&A.

1- Application Procedure

- Applicant must write a letter to the trainers (of the consultant training) indicating motivation for becoming consultant, relevant experiences as EMDR therapist and as supervisor/teacher. The letter of the national association, saying that they are fulfilling the criteria, is accompanying the letter of the applicant.

- Applicant must come to the training with a video of a C & A session that doesn't need to be "perfect" to be used as supervision practice by the participants during the training.

3- Training content:

a/ Observe the (C&A) trainings again

When being admitted to the CCT and prior to participating in it, the candidate-consultants should try to observe both level I and level II of an C & A EMDR training in their country (if possible) to get their knowledge and understanding updated and refreshed.

b/ Theoretical level: 12 hours for C&A material, following areas to be covered through teaching and practical exercises:

- Diagnostics
- Age-adapted protocol: mistakes and pitfalls
- Storytelling/narrative: mistakes and pitfalls
- Other (evidence based) EMDR protocols being part of the trainings
- Role of parents/care givers/family
- Case conceptualization
- EMDR with dissociative /avoidant children
- EMDR with Complex Post-traumatic Stress Disorder (C-PTSD)

c/ Practical level: Assessing competence through live practice/video

- Online supervision group practice of videos presented by each participant during the 2 days training.
- The consultant-in-training will also be assessed on their ability to transfer knowledge effectively to the supervisees on any of the above topics related to the material being covered in the EMDR C&A training. This should be done during live consultation or through role-play.
- Online follow-up after the training: supervision of a group or individual supervision session; minimum one hour to be arranged with the trainers depending on the candidate's needs for a maximum of 3 hours.

4- Evaluation

Participants will be evaluated on all areas of knowledge and practice by the trainer. Supervision can take place on the basis of video-fragments where the candidate can be observed supervising. For the evaluation there are competency-based forms to be completed. This evaluation is a part of the consultant-in-training's final accreditation evaluation.

5- Fees:

- 2 days training fees: 300€ per participant
- Individual follow-up supervision post training: 70 €/hr

Trainers' information:
- Joanne Morris-Smith, psychologist, EMDR C&A trainer. morrissmithjoanne @gmail.com
- Michel Silvestre, psychologist, EMDR C&A trainer. michel@silvestrepsy.com