



Support for EMDR* Training and Practice at DMHAS

* Eye Movement Desensitization and Reprocessing, An Evidence-Based Practice

Update 2016

Timeline of Our Support

2012 The CWC began to collaborate with HAP to hold EMDR weekend trainings.

2013 Feedback from EMDR trained staff demonstrated a need to develop an EMDR Refresher course, the first course was held in May, 2015.

2014 The CWC attended consultation meetings at SMHA and CVH to support each locations specific needs to further EMDR practice.

The CWC began to offer EMDR specialty trainings, and provide DMHAS EMDR clinicians free slots to attend.

2015 The CWC increased its EMDR weekend trainings from 4x/year to 5x/year.

The CWC connected peer consultation groups at different sites to support mentorship and best practices.

The CWC collaborated with CRMHC to form a new peer consultation group.

The CWC identified 4 EMDR certified clinicians to be trained as EMDR Consultants.

2016 The CWC increased its EMDR weekend trainings from 5x/year to 6x/year.

The CWC met with psychologists at CVH to discuss new leadership for the peer consultation group.

The CWC created clinical resource packets for all DMHAS EMDR clinicians in peer consultation groups.

As of June 2016... The CWC has held a total of 14 EMDR weekend trainings, has collaborated to create 5 EMDR Consultation groups at DMHAS sites.

Training DMHAS Clinical Staff

- ◆ Basic EMDR training consists of: EMDR Part 1, Part 2 and 10 hours of consultation
- ◆ The CT Women's Consortium (CWC) collaborates with Trauma Recovery, EMDR Humanitarian Assistance Programs (HAP) to host EMDR 3-day trainings at the CWC
- ◆ HAP provides DMHAS 4 free slots per 3-day training. The criteria for awarding free slots to DMHAS clinicians are:
 - a) clinician must meet the Eligibility Requirements for EMDR Training set by EMDRIA (<http://www.emdria.org/?page=60>)
 - b) clinician participation in a peer consultation group at a DMHAS location
 - c) active DMHAS client case load to implement EMDR practice
 - d) recommendation of supervisor or other EMDR trained on-sight clinical staff
- ◆ To receive a free slot for EMDR Part 2, clinicians must meet the above criteria and have completed 5 of the 10 consultation hours required for completing basic training

Creating Peer Consultation Groups to Support Fidelity to EMDR Practice

The CWC has collaborated with DMHAS facilities to support existing EMDR peer consultation groups (WCMHN, SMHA), and help start new EMDR peer consultation groups (CVH, RVS, CRMHC). Ongoing support includes: providing clinical resources for working with special populations; free slots to specialty EMDR trainings; and growing the capacity of the groups by providing identified untrained clinicians at each facility with EMDR basic training. In 2015, in order to provide DMHAS EMDR clinicians with required consultation hours for completion of basic training (10 hours) and certification (20 hours), the CWC identified 4 certified DMHAS EMDR clinicians within the peer consultation groups to become EMDR consultants. These clinicians received 20 hours of supervision over 8 months, and became EMDR consultants in June of 2016. As consultants at their facilities, they lead their peer consultation groups and provide DMHAS EMDR clinicians with ongoing support to ensure fidelity to EMDR evidence-based practice and provide required consultation hours for clinicians continued progress towards completing basic training and certification.



Enhancing Ongoing Learning Opportunities for EMDR Clinicians

The CWC offers specialty EMDR trainings in our public catalog and offers DMHAS EMDR clinicians participating in a DMHAS consultation group a free slot to attend these trainings. Information about available slots for 1-day EMDR specialty trainings is sent directly to DMHAS EMDR lead peer group clinicians.

Based on feedback from EMDR trained staff, the CWC now offers a 1-day EMDR refresher course, *The Gold Standard: An EMDR Refresher*. The first of these trainings was held in 2015 and continues to be offered twice yearly to DMHAS EMDR clinicians. As the CWC introduces its online learning initiative in the Fall of 2016, *The Gold Standard*, will be available online to DMHAS clinicians that participate in consultation groups at no charge.

By the Numbers

72 Number of "free slots" allocated to weekend EMDR trainings	70 Approximate number of EMDR trained DMHAS clinicians	16 Total EMDR weekends facilitated at the CWC since 2012	7 The number of DMHAS EMDR Certified Clinicians
7 The number of EMDR trainings in the CWC catalog that DMHAS EMDR clinicians may attend at no cost	6 Number of weekend trainings scheduled for 2016	6 The number of identified EMDR Peer Consultation Groups within DMHAS	4 The number of identified EMDR Peer Consultants.