

Meta-competences

Working with the evidence base relating to EMDR

An ability to make informed use of the current evidence base to guide decision-making about the interventions that are indicated
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Where a client presents with multiple problems and conditions, an ability to adapt treatment protocols so that they can be applied to the individual case in a manner that is:
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informed by the case conceptualisation and treatment planning

congruent with the treatment principles inherent in the EMDR protocol

Capacity to implement interventions in a flexible but coherent manner

An ability to implement an EMDR intervention in a manner that is flexible and responsive to the issues clients raise, but which also ensures that all relevant components of the intervention are included
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An ability to judge when and how to balance adherence to EMDR procedures against the need to attend to any issues that arise in the therapeutic alliance
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Capacity to adapt interventions in response to feedback

An ability to accommodate issues that clients raise explicitly or implicitly, or that become apparent as part of the process of the intervention, and:
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an ability to respond to and openly discuss <i>explicit</i> feedback that expresses concerns about important aspects of the intervention
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an ability to detect and respond to <i>implicit</i> feedback that indicates concerns about important aspects of the therapy (e.g. as indicated by non-verbal behaviour, verbal comments or significant shifts in responsiveness/engagement)

an ability to identify when it seems difficult for people to give authentic feedback (i.e. if they seem to respond with what they think the clinician wishes to hear, rather than expressing their own view) and discussing this with them
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an ability to be aware of, and respond to, emotional shifts occurring in each session, with the aim of maintaining an optimal level of emotional arousal (i.e. ensuring that clients are neither remote from or overwhelmed by their feelings)
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Working with clients from a range of backgrounds

An ability to integrate consideration of equality and diversity issues into clinical practice, with the aim of addressing different perspectives, practices and life styles respectfully and non-judgmentally

Where there is evidence that social and cultural difference is likely to impact on the accessibility/acceptability of an EMDR intervention, an ability to make appropriate adjustments to the manner in which it is delivered, with the aim of maximising its potential benefit

Safe practice and supervision

An ability for practitioners to recognise the limits of their competence, and to judge when they should seek advice and/or supervision from more experienced colleagues
