



Mindsync EMDR Trainings

Practical Information: Mindsync EMDR Foundation Training

Thanks so much for choosing Mindsync EMDR training to train as an EMDR therapist. Mindsync EMDR Training is accredited by EMDR UK and EMDR Europe.

Your training schedule will be confirmed once you have booked and paid for the course. (See terms and conditions regarding cancellations etc)

Please be aware if you have any health conditions that may affect your training it is important that you contact us in advance to advise. We will maintain your confidentiality and ask you to make us aware if for example you are pregnant, epileptic, experience migraines or have recently been bereaved. The course is amazing but intense and contains emotional content, please ensure that you are ready and able to attend. Whilst we attempt to support your learning, you are responsible for your mental health and wellbeing. Please discuss any potential concerns with us.

Course attendance

We are on a tight schedule for our timetable as we want to cover all the information you will need. EMDR Europe set the course criteria that you attend and a minimum number of hours of teaching, practicals and supervision has been incorporated into the course.

100% attendance is required to complete the course

Each day will run as follows: 8:45 Registration:9:00 Teaching will begin: 17:30 Teaching Ends (Tea/Coffee/Lunch breaks will be scheduled. Times may vary)¹

If the course/part is delivered online. Please ensure you have adequate equipment, internet etc to attend and participate. Mindsync EMDR can not be responsible for delegates technical disruptions or non attendance due to equipment challenges. Participants must be visible at all times during online courses.

A Certificate will be provided at the end of the training.

Delegates completing Mindsync EMDR Foundation Training are able to join the EMDR Association UK.

Completing all 4 parts entitles the participant to identify as an EMDR Therapist.

Expectations of delegates

We want all our delegates to come with an open mind, be enthusiastic and keen to try something new. We understand that this brings its challenges with it and to be a learner again when we are all experienced therapists can trigger vulnerability in all of us.

But we are all in this together, your peers will generally not have received this training before and the trainers and facilitators have all been through it. We expect you to make mistakes, of course we expect you not to know it all. We want you to have compassion and kindness to yourself, your peers and the training team as you begin to grow and learn as an EMDR therapist.

[EMDR is an experiential training, we want you to leave with an understanding and experience of being both a client and a therapist.](#)

You will be expected to actively take part in practicals, role plays and supervision within small groups. This is a large part of this experiential training and will occupy a significant number of hours during the training.

We understand that this can bring up challenges and some performance anxiety but hope to create a safe environment where you feel contained enough to push yourself out of your comfort zone because we know that this is where the magic happens.

You will be expected bring your own past memories/experiences to work on during training.

Please be mindful we are not asking for this to be your own personal therapy place. That is unfair to you and your colleague developing EMDR Skills. If the memory is something that causes you a lot of distress when you think about it, or it's something that you would probably have/need to take to therapy then it is not appropriate for a training venue.

We talk about SUDs subjective units of distress in EMDR and rate it as 0 being no distress or neutral and 10 being the most distress imaginable. When you think of a memory to explore we ask you to connect with a memory rating a sud of 5/10 (some heat there but not too much). We also ask that you do not choose something which involves family members as this might open up other channels in the brain and be too distressing.

Some examples could be being bullied at school, having to present in a meeting and it going really badly, being chased by a dog, falling over when out walking, a minor collision when no one was hurt, having bad news during a hospital visit, challenges at work or the death of a pet.

We as a training team can not choose your memories for you, we recognise this can be a challenge in the training, you can discuss this with us

[You must participate in all practicals to complete the course.](#)

You will need to bring your clients to discuss in EMDR supervision.

A large part of EMDR training involves thinking about how can you integrate EMDR into the therapy work that you are already doing. We also want you to build your confidence to work with new clients using EMDR. There is 10 hours of group supervision woven into the course. In Mindsync EMDR training this is divided between each training part. Parts 2 and 4 are predominantly supervision. You must attend and participate in all parts and all supervision.

You will have a set amount of time to present a case in a group setting. We ask you to prepare an EMDR specific question, this might be something like 'How would I work with this client?' on your part 1 training or 'Help the memory is stuck/SUDs aren't decreasing' on part 2 and 4. As you progress you will be expected to provide the 'EMDR formulation and treatment plan.

For you to complete the training you will need to have worked with (processed memories) and discussed in your supervision sessions a minimum of 3 clients.

[We strongly recommend \(insist\) that you have additional EMDR supervision in your practice to that provided in the course to ensure that you are working within your scope of competence safely.](#)

You will need to manage your own emotions and take care of yourself as we obviously talk a lot about trauma and other triggering topics.

Attending therapists have experience of working in the field of mental health and trauma. However, we are all also human and with that can have our own issues, challenges and trigger points. It's important that you consider the timing of this training as it is experiential so if you are currently struggling with your mental health consider whether now is the right time for you to train. We do talk about effects of trauma and types traumatic events or experiences. If a particular topic is difficult for you, please take care of yourself, if necessary take a brief break, distract and let the training team know. We will endeavour to support you however you are responsible for your own self care.

You will be working with other practitioners, we ask delegates not to pair with managers, friends or make us aware of any potential challenges that may arise in this area.

Our main aim is for you to leave EMDR training having enjoyed the learning experience and feel excited to be able to offer this to your clients. To support you to be knowledgeable enough to implement EMDR into the work you do with your clients.