



## Evergreen Certified EMDR Clinician (EMDR-C) Certification Standards

### 1.0 Professional Standards

1.1 To be eligible for EMDR-C Certification, the applicant must have earned a minimum of a master's degree in their profession AND hold a state or national license as listed below, with all training hours and supervision requirements completed to be licensed for independent practice in the state they are licensed in (or equivalent if practicing outside of the United States):

- Psychologists (LP or LCP)
- Counselors
  - LCMHC
  - LCP
  - LCPC
  - LMHC
  - LPC
  - LPCC
  - LPCMH
- Social Workers
  - LCSW
  - LCSW-C
  - LICSW
- LISW
- LISW-CP
- LMSW if licensed in Michigan or Nebraska
- LMSW-ACP
- LSCSW
- Marriage and Family Therapists
  - LCMFT
  - LIMFT
  - LMFT
- Psychiatrists (MD)
- Psychiatric Nurse Practitioners (NP)

1.2 By applying for certification, the applicant agrees to adhere to [Evergreen Certifications' Professional Code of Ethics](#),

### 2.0 Educational Standards

2.1 The applicant must meet the following education criteria:

- Complete a minimum of 18 CE hours in trauma – both simple and complex, including hours specific to:
  - Assessment and diagnosis of trauma disorders
  - Trauma treatment planning
  - Neuroscience of trauma, including the autonomic nervous system (ANS)
  - Polyvagal Theory
  - The function of trauma symptoms
  - Resilience and post-traumatic growth
  - Vicarious trauma and therapeutic boundaries
  - Traumatic or disorganized attachment styles, including attachment history
  - Dissociation and working with parts of self
  - Adaptations to complex trauma and managing co-morbidities
  - Developmental trauma disorder
- Complete a minimum of 18 CE hours in EMDR, including hours specific to:
  - EMDR treatment protocols and methodology
    - Clinical assessment to determine client appropriateness and preparedness for EMDR
    - Safety measures needed for effective and safe use of EMDR, including appropriateness and safety measures using EMDR via telehealth

- The Three-Pronged Protocol of EMDR
- The Eight-Phase Model of EMDR
- Modifications of Eight-Phase Model for use with complex trauma and other disorders
- Resource Development and Installation, using both imaginal and cognitive interweaves
- Practical application of interweaves, including attachment, during the eight-phase model
- Relevant theories to inform treatment
  - Adaptive Information Processing Theory
  - Emotional Processing Theory
  - Dual Process Theory
- Complete a minimum of 6 practice hours of clinical application of the EMDR model with an Evergreen Certifications Approved EMDR-C Consultant.

2.3 Suitable education sources are approved continuing education courses as documented by certificates of completion from the accredited training organization.

Evergreen Certifications will accept courses that have been completed within 3 years of initial application for certification.

2.4 The applicant must read at least two practitioner books on the practice of EMDR Therapy. Sample books include:

- *Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition: Basic Principles, Protocols, and Procedures* available on [Amazon](#)
- *A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors, and Consultants* available on [Amazon](#)
- *A Therapist's Guide to EMDR: Tools and Techniques for Successful Treatment* available on [Amazon](#)
- *EMDR Made Simple: 4 Approaches to Using EMDR with Every Client* available on [Amazon](#)
- *EMDR Toolbox: Theory and Treatment of Complex PTSD and Dissociation* available on [Amazon](#)
- *Attachment-Focused EMDR: Healing Relational Trauma* available on [Amazon](#)
- *EMDR Solutions: Pathways to Healing* available on [Amazon](#)
- *EMDR Solutions II: For Depression, Eating Disorders, Performance, and More* available on [Amazon](#)

### 3.0 Clinical Consultation

- The applicant must participate in a minimum of 10 hours of EMDR-focused group consultation sessions, with an Evergreen Certifications Approved Consultant\*.
- The applicant must have an Evergreen Certifications EMDR-C Approved Consultant\* review your individual EMDR work. This can be done by video submission of an EMDR session to the consultant, having the consultant present for live observation of an EMDR session, or reviewing a transcript of an EMDR session with the consultant. Please check with your consultant if they have a preferred review method.
- The consultation sessions must be completed within 1 year of completion of education hours.
- Please note that after you complete all education requirements (including practice hours), you should begin using EMDR to discuss in consultation.

*\*If you are working with an EMDR consultant that is not listed as an Evergreen Certifications Approved Consultant, please have the consultant send a copy of their professional license and CV for Evergreen to review for approval to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)*

### 4.0 Certification Application Process

1. Submit the following documents:
  - a. A copy of the applicant's professional license

- b. Copies of completion of training as outlined in the Educational Standards
  - c. A signed application form with attestation that the candidate has met all the requirements as detailed herein
  - d. Evidence of completion of 10 hours of EMDR clinical consultation sessions
2. Payment of certification application fee

Evergreen Certifications will certify applicants who meet the above requirements and complete the Clinical Consultation requirement as outlined in section 3.0.

*Please note: Certification does not imply endorsement of clinical competency. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

### **5.0 Renewal of Certification**

To maintain certification, a renewal is required. The steps to apply for a 2-year renewal are as follows:

1. Submit the following documents:
  - a. A copy of your professional license
  - b. Completion certificate(s) for 12 clock hours of EMDR-focused continuing education
  - c. Attestation that you are using EMDR regularly in practice, as appropriate
2. Payment of renewal fee

Renewal training hours need to have been taken in the time since you were certified or last recertified. Renewals are calculated from the date that your certification was issued.

*If you allow your certification to lapse for more than 2 years, you are no longer eligible to renew your certification and instead can reapply for certification.*