

TRAINING INFORMATION AND PARTICIPANT'S AGREEMENT

UWM-SCE and Wendy J. Freitag, Ph.D. EMDR Institute Regional Trainer

The undersigned participant acknowledges that s/he has thoroughly and carefully read, understands, and agrees to the following:

1. EMDR is widely recognized as an empirically supported treatment for PTSD and Acute Stress Disorder. Its safety and efficacy for other clinical applications have yet to be adequately evaluated by controlled research. The cautions described in the published literature and in the training are based primarily on anecdotal reports by trained clinicians. The latest research can be found at www.EMDRIA.org.
2. All participants must meet EMDRIA clinician requirements. Participants must be licensed to independently practice psychotherapy in a discipline recognized by EMDRIA. An exception will be made if the participant: 1) is not licensed, but is enrolled in an accredited graduate program in a mental health or related discipline recognized by EMDRIA and is in their final internship; or 2) has completed Master's level coursework and is currently in a licensing track. In either case the participant must be supervised by a licensed clinician with a signed **Clinical Supervisor Agreement** submitted at the time of registration. The Agreement from the licensed, supervising clinician indicates the participant: 1) has clinical privileges to practice psychotherapy under supervision, 2) has been endorsed to participate in EMDR therapy training, and 3) when appropriate, can use the knowledge and skills acquired at the training.
3. All participants should have a current active psychotherapy caseload. This training is designed to help participants integrate the use of EMDR in their clinical practice context. Other EMDR training programs are available that will accept managers and researchers who do not carry an active psychotherapy caseload.
4. A significant component of the training involves clinicians practicing EMDR and related procedures in small groups under the supervision of the trainer. These practice experiences are for educational purposes only and not for personal therapy, though many trainees report adaptive therapeutic outcomes. All participants should be prepared to address disturbing real life experiences as part of this training program to appreciate the subjective experience of EMDR as a client would, and to provide valid training experiences for other participants. It is not unusual for a target memory to be linked to other, unexpected, disturbing material or memories that might surface during or after the practice sessions. Case material presented didactically, on video and/or consultation sessions may be disturbing to those with unresolved personal issues. **It is expected that the participant has developed self-soothing and affect/arousal management skills and will be able to employ these skills as necessary during and following EMDR training, practice and consultation sessions. It is the responsibility of the participant to seek and obtain appropriate professional assistance if needed. Providing such assistance is not an extension of the training and will not be provided by the trainer.** Clinicians who elect to do personal EMDR work can review available lists of EMDR trained clinicians posted by the EMDR Institute and EMDRIA.
5. Further, with reference to number 4 above:
 - A. Participants who are engaged in personal therapy and/or psychiatric treatment should inform your therapist and/or psychiatrist about all aspects of this training including the experiential component and secure your therapist's and/or psychiatrist's support to participate before beginning this training.
 - B. Participants with limiting or special medical conditions (pregnancy, seizure disorder, heart condition, eye problems, etc.), should consult their medical professional(s) before participating in this training and should discuss the condition(s) with the UWM Program Manager in advance of registering for the training.
 - C. **Participants with a dissociative disorder, acute or chronic PTSD, GAD, panic disorder, substance use disorder, personality disorder, or affective disorder, should not participate without special arrangements made at the time of registration.** Failure to advise the UWM Program Manager of such issues in advance could place you at risk, negatively impact other participants, and result in dismissal from the training without refund. Participants who are disruptive to the training will be given one warning by the trainer and will be dismissed without refund if there is a recurrence. All participants are expected to maintain a spirit of cooperation and mutual support for all in the training. Splitting and conflict-generating behavior will not be tolerated. **You agree that the instructor has the right to dismiss you from the training at any time without refund if in his/her sole judgment you negatively impact the training experience of others.**
6. This experiential workshop is for clinical purposes only and will not qualify the participant to train others in EMDR. Attempts to train others in EMDR without meeting the standards as defined by the EMDR International Association would represent a professional ethics violation.
7. In order to assure confidentiality of personal and clinical information, audio/video recording by participants is not allowed. All participants are expected to maintain the highest ethical standards of confidentiality regarding all personal and clinical information shared by others in this training. **Failure to maintain confidentiality shall be treated as a professional ethics issue, may be reported to a licensing board, and likely will result in immediate dismissal from the training program with no refund.** Confidentiality applies to all practicum experiences and consultation

sessions: specifics may be discussed only with members of the immediate practice and consultation group and trainer. In addition, you may share your own emerging material as you choose.

8. The required consultation sessions provides the opportunity for continued learning about EMDR therapy theory and practice. During consultation you will receive individualized instruction and feedback in the application of the procedural steps, use of EMDR therapy within a structured treatment plan, case conceptualization, client readiness, target selection, specific application of skills, and the integration of EMDR into clinical practice. Consultation provides the opportunity to assess your strengths and weaknesses to improve your overall understanding and knowledge of EMDR, the practice of EMDR skills, and integration of EMDR into your practice.
9. It is understood that neither Wendy J. Freitag, Ph.D., as the consultant, nor other therapists/participants shall be construed as providing supervision to a participant on any specific case. While clinical possibilities will be discussed and ideas shared in relation to the clinical situations presented, the therapist is solely responsible for the clinical management of the client/patient and is expected to exercise his/her best judgment in all relevant clinical matters. It is also understand that whatever information is presented in these sessions is to be kept confidential among the participants both during and after your participation in the group.
10. Participants agree to read both Shapiro, F. (2017). *Eye Movement Desensitization and Reprocessing, Basic Principles, Protocols and Procedures* (3rd ed.). New York: The Guilford Press (In Press) and Shapiro, F. (2012). *Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy*. New York: Rodale. The cost of these study materials is in addition to the course tuition fee. You will be provided one copy of the course manual.
11. Attendance Policy: Those who attend this workshop in full and complete all the appropriate evaluation forms will receive CE credits. Those arriving more than 15 minutes after the start time or leaving more than 15 minutes before the workshop is completed will not receive CE credits. **A Certificate of Completion will be issued only to those who satisfactorily complete the entire training (including ten hours of consultation), complete the assigned readings, and demonstrate in group discussion, practice exercises and consultation, an understanding of the EMDR treatment approach.** Participants are expected to participate actively and to work diligently. Failure to attend part or all of a training day will handicap a participant in this learning process and can have a negative impact on the small group process. **You agree that you will miss a training day or part of a day only in the case of a bona fide personal or family emergency.** The UWM Program Manager might offer to let you attend the missed day during the next training series if space allows. Missing more than one day or partial day could result in immediate dismissal from the training program and forfeiture of all tuition paid. Therefore, it is in your best interest and that of your training group that you make a concerted effort to attend the complete training. If you do not complete the training program as scheduled, please be aware that EMDRIA requires that participants who begin the EMDR therapy training must complete the entire training within 24 months from their initial start date unless there are extraordinary circumstances. **Note: There will be no refunds, under any circumstances, for withdrawals after the beginning of the training program. The full cancellation policy is at the Frequently Asked Questions page on uwm.edu/sce.**
12. Weather Policy: There might be times when the weather is severe (e.g., prolonged snow storms). We will post on our website by 8:00am on the training day any notice on cancellation or delay of training. **Except under the most severe of weather conditions, we will hold the training. It is your responsibility to plan ahead and make appropriate travel arrangements including the use of nearby hotels so that you can be available for the training.**

Please print your name: _____

Accepted and agreed: _____

Participant's Signature

Date

Address: _____

Office: _____ Cell: _____

Home: _____ Fax: _____

Email: _____