

DOCTORATE IN CLINICAL PSYCHOLOGY

DCLINPSY

**EMDR Training**

EMDR is an advanced psychotherapy requiring a high level of skill. A mental health clinical background is an essential prerequisite for the effective application of EMDR treatment. All training providers will also expect you to provide evidence that you are accredited with one of the professional associations deemed acceptable by EMDR Europe.

Dr Saleem Tareen is an Accredited Trainer and Accredited Consultant in EMDR. His accredited training is fully approved by EMDR-Europe Association (EMDR-E).

Saleem was trained in the early 2000’s and has used EMDR within his own practice for over 15 years. For the last 9 years he is a Consultant Psychiatrist in the NHS and has a specialised EMDR clinic. He has successfully coordinated EMDR training internationally with Dr Derek Farrell.

Saleem conducts small interactive EMDR trainings with a maximum of 24 participants. The programme includes Part 1 training (4 days) plus Supervision Intermediate training (1 day) and Part 2 training (4 days). It offers the complete standard EMDR training as defined by the EMDR Europe Association with some additional protocols included in Part 2 training.

This is a hands-on clinical skills training for learning EMDR and integrating it with your own psychotherapy approach. The number of participants is limited to ensure each participant can be given individual attention.

**TRAINING**

Training is made up of 2 parts. Part 1 prepares clinicians to deal with cases presenting with simple or single incident traumas, as well as clients with self-limiting belief systems. Following attendance, there is a Supervision day, where clinicians refresh the skills learned at Part 1 plus receive consultation on cases, they are then permitted to progress to the Part 2 training.

Experience has shown that participants find the interactive and dynamic nature of Supervision vital in helping them consolidate their training and use of EMDR Therapy to date. At the Part 2 training, clinicians learn how to work with multiple traumas, or ‘complex’ trauma such as child sexual abuse. Skills in how to work with ‘special’ populations are also introduced.

**ENTRY REQUIREMENTS**

We are required to abide by the EMDR Europe eligibility criteria which can be found on our website:

<http://www.qub.ac.uk/schools/psy/Study/PostgraduateTaught/DClinPsy/EducationandTraining/>

If you do not currently meet this, you would not be able to attend. However, you can register your interest to be informed of future training if you plan on gaining accreditation in the future. Email: dclinpsy@qub.ac.uk

Many mental health professionals who train in EMDR Therapy go on to become EMDR Europe Accredited Practitioners. This involves undergoing supervised practice with an EMDR Europe Accredited Consultant, following the standard training, and achieving competence in all eight phases of the therapy. More information on this can be found at the EMDR Association UK & Ireland (https://emdrassociation.org.uk/)

**TRAINING DATES**

Please review the latest training dates on our website. If you have any queries, please contact us - [dclinpsy@qub.ac.uk](mailto:dclinpsy@qub.ac.uk)

