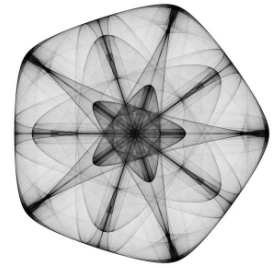


Sonoma Psychotherapy Training Institute

Basic Training in EMDR therapy

Participant Agreement



The undersigned participant acknowledges that she or 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 SPTI basic training are based primarily on anecdotal reports by trained clinicians.

2. All participants must be licensed to independently practice psychotherapy in a discipline recognized by EMDRIA. Or, if not licensed, participants must have completed masters level coursework in a mental health or a related discipline recognized by EMDRIA, must currently be in a licensing track and must be supervised by a licensed clinician. The letter from the supervising clinician and sent to the SPTI office, must indicate you have clinical privileges to practice psychotherapy under supervision, and endorse you to participate in EMDR training.

____ [Initial here.] 3. **All participants must have a current psychotherapy caseload with several clients suitable for EMDR therapy procedures.** Those without suitable clients must make alternate arrangements such as offering pro bono services. This program is not intended for managers and researchers who do not carry an active psychotherapy caseload.

____ [Initial here.] 4. A significant component of the training involves practicing EMDR therapy and related procedures in small groups under the supervision of a qualified staff member. These practice experiences are for training purposes only and not for personal therapy. 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 memories or material, which might surface during or after the practice sessions. Trauma-related case material presented didactically, in consultation sessions, or on video may be disturbing to those with unresolved personal issues. **In submitting an application for training, participants affirm that they have developed appropriate self-soothing and affect/arousal management skills to cope with exposure to this type of material and will be able to employ these skills as necessary during and following EMDR training, practice and consultation sessions.**

5. Further, with reference to number 4 above: a. Clinicians in personal therapy or psychiatric treatment should inform their therapist and/or psychiatrist about all aspects of this training including experiential components and secure their therapist's and/or psychiatrist's support to participate before beginning this training.

____ [Initial here.] b. Those with **limiting medical or special conditions** (unstable pregnancy, heart condition, ocular difficulties, etc.) should consult their medical professionals before participating in this training and **should discuss their condition(s) with the training director in advance of submitting their application** to participate in the training.

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_____ [Initial here.] c. Those who presently have or who have previously been diagnosed 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 being made with the training director as part of the application for registration. Failure to advise the training director 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 training director and will be dismissed without refund if there is a recurrence. You 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 training director has the right to dismiss anyone who is disruptive from the training at any time without refund.**

_____ [Initial here.] 6. The reprocessing of targeted incidents during practicum sessions may lead to the emergence of other disturbing memories during and after the practicum. It is the responsibility of the participant to seek, obtain and pay for appropriate professional assistance if needed. Providing such assistance is not part of the training and will not be provided by the SPTI training director or staff. Clinicians who elect to do personal EMDR work can find lists of EMDR trained clinicians through www.EMDRIA.org.

7. This experiential training is intended to prepare clinicians to apply EMDR 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 violation of professional ethics and standards.

_____ [Initial here.] 8. **To assure confidentiality of personal and clinical information, audio or video recording by participants is not allowed.** All participants shall 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 and may result in immediate dismissal from the training program with no refund. Confidentiality shall apply to all consultation sessions and practicum experiences: specifics may be discussed only with members of the immediate consultation or practice group, the participant's group consultant, practicum supervisor and trainer(s). Outside the training, a participant may share his or her own emerging material with anyone.

9. Participants agree to obtain a signed, written consent for the release of (non-identifying) information from each client prior to presenting case material during group consultation sessions. Participants agree to keep a completed written release form in each client's chart about whom they disclose any case material. Participants agree to avoid disclosure of client's names or other identifying information in making verbal presentations and in sharing written documentation of client sessions.

10. Participants agree to read in their entirety and thoroughly study portions of both Shapiro, F. (2018) *Eye Movement Desensitization and Reprocessing, Basic Principles, Protocols and Procedures*. New York: The Guilford Press and Leeds, A. M. (2016). *A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants*. New York: Springer Publishing. Participants must pay for these study materials in addition to the course tuition fee. Participants at in-person training programs will be provided one copy of the course manual. A fee of approximately \$25 will be charged for replacement copies of the course manual.

Please initial here to indicate that you read this page. _____

11. Participants understand they must take online and pass a pre-test before and a post-test after each of the four two-day training modules. These are objective — true/false and multiple-choice — tests based on the two required textbooks and the participant manual. A passing score of 80% on each test is required to move on to the next module. Each test can be taken up to three times. Participants who do not pass a test after three attempts must contact the director of training to resolve the issue. The use of objective learner assessments is a requirement of the EMDR International Association.

12. A Certificate of Completion of EMDRIA approved training in EMDR therapy will be issued to all participants who satisfactorily complete the entire training, including the pre-tests and post-tests and the assigned readings, and demonstrate through group discussion, practice exercises and consultation, an understanding of the EMDR treatment approach.

13. For consultation sessions, participants are required: 1) to prepare a written summary about their actual clinical use of specific procedures; 2) and to complete and discuss structured self-evaluations forms about their actual clinical experiences. Participants are expected to participate actively and to work diligently.

14. Attendance Policy: Participant must attend all training days in order and actively participate in all supervised practice exercises and group consultation sessions to receive a certificate of completion for this training. Training programs are held in person or via Zoom. Your registration form specifies how the training program is being held. Attendance is actively monitored and recorded. **You are required to have your camera on during the entire training.** Those who attend this training 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 each segment is completed will not receive CE credits.

____ [Initial here.] 15. Completion Policy: EMDRIA standards require participants complete all training elements and requirements within a specified period. For in-person training programs, that is **within two years**. For Zoom-based training, that is **within one year**. Refunds will not be issued to those who are unable to complete their training within the specified time frame.

16. Use of Copyrighted Training Materials: The printed and PDF versions of the course manual and other original materials provided by SonomaPTI are all copyright by Andrew M. Leeds, Ph.D. **Participant is granted a limited license to copy these copyrighted materials for his or her own study and use in his or her own clinical practice. Participant agrees not to distribute these materials or physical or digital copies of these materials to anyone else unless they have previously received written permission from Andrew M. Leeds, Ph.D.** Participant agrees that violating this limited license without such written permission will subject participant to full legal penalties for copyright infringement.

Please print your name _____

Accepted and agreed _____
Participant's Signature Date