Knowledge of a model of therapy, and the ability to understand and employ the model in practice

Core professional training in a psychological therapy and experience of delivering the therapy is a prerequisite for entry into EMDR training. This is in line with the training and background of EMDR therapists participating in the clinical trials that have demonstrated the efficacy of EMDR.

- An ability to draw on knowledge of factors common to all therapeutic approaches, e.g.:
  - supportive factors:
    - a positive working relationship between therapist and client characterised by warmth, respect, acceptance and empathy, and trust
    - the active participation of the client
    - therapist expertise
    - opportunities for the client to discuss matters of concern and to express their feelings
  - learning factors:
    - advice
    - correctional emotional experience
    - feedback
    - exploration of internal frame of reference
    - changing expectations of personal effectiveness
    - assimilation of problematic experiences
  - action factors:
    - behavioural regulation
    - cognitive mastery
    - encouragement to face fears and to take risks
    - reality testing
    - experience of successful coping

- An ability to draw on knowledge of the principles that underlie the model of therapy being applied, and using this:
  - to inform the application of the specific techniques which characterise the model
  - to implement therapy in a manner which is flexible and responsive to client need, but which also ensures that all relevant components are included