Ability to foster and maintain a good working alliance, and to grasp the client's perspective and 'world view'

Understanding the concept of the working alliance

An ability to draw on knowledge that the working alliance is usually seen as having three components:	
	(a) the relationship or bond between practitioner and client
	(b) consensus between practitioner and client regarding the techniques/methods employed
	(c) consensus between practitioner and client regarding the goals of the intervention
An ability to draw on knowledge that all three components contribute to the maintenance of the alliance	

Knowledge of practitioner factors associated with the alliance

An ability to draw on knowledge of practitioner factors that increase the probability of forming a positive alliance, e.g.:	
	being flexible and allowing the client to discuss issues that are important to them
	being respectful
	being warm, friendly and affirming
	being open
	being alert and active
	being able to show honesty through self-reflection
	being trustworthy
Knowledge of practitioner factors that reduce the probability of forming a positive alliance, e.g.:	
	being rigid
	being critical
	being distant
	being aloof
	being distracted
	making inappropriate use of silence

Knowledge of client factors associated with the alliance

An ability to draw on knowledge of client factors that affect the probability of forming a positive alliance, e.g.:	
	interpersonal issues (e.g. assuming the practitioner will disbelieve the client's perspective on events)
	involuntary attendance (e.g. attending only because of external pressures)
	service-related issues (e.g. previous negative experiences)
	influence of family and peers (e.g. families who encourage or discourage the client from maintaining contact with services, or peers who stigmatise the client for receiving of an intervention)

Capacity to develop the alliance

An ability to listen to the client's concerns in a way that is non-judgmental, supportive and sensitive, and that conveys an accepting attitude when the client describes their experiences and beliefs
An ability to validate the client's concerns and experiences
An ability to gauge whether the client understands, has questions or is sceptical about the rationale for EMDR, and to respond to these concerns openly and non-defensively in order to resolve any ambiguities
An ability to help the client express any concerns or doubts they have about EMDR and/or the practitioner, especially related to mistrust or scepticism
An ability to help the client form and articulate their goals for the intervention, and to gauge the degree of congruence between the aims of the client and practitioner

Capacity to grasp the client's perspective and 'world view'

An ability to perceive and understand how the client understands themselves and the world around them
An ability to hold the client's world view in mind throughout the course of an intervention and to convey this understanding through interactions with the client, in a manner that allows the client to correct any misapprehensions
An ability to establish the client's point of view by exploring their position in an open and accepting manner, taking their concerns at face value and suspending any tendency to disbelief
An ability to hold the client's perspective in mind while gathering all relevant information in a sensitive manner
An ability to hold the client's world view in mind, while retaining an independent perspective and guarding against collusion with the client

Capacity to maintain the alliance

Capacity to recognise and to address threats to the therapeutic alliance ('alliance ruptures')

An ability to recognise when strains in the alliance threaten the progress of EMDR	
An ability to deploy appropriate interventions in response to disagreements about tasks and goals, and:	
	to review the client's understanding of the rationale for EMDR and clarify any misunderstandings
	to judge when it is best to refocus on tasks and goals that are seen as relevant or manageable by the client (rather than to keep exploring issues about which there is disagreement)
An ability to deploy appropriate interventions in response to strains in the bond between practitioner and client, for example:	
	for the practitioner to give and ask for feedback about what is happening in the here-and-now interaction, in a manner that invites exploration with the client
	for the practitioner to acknowledge and accept responsibility for their contribution to any strains in the alliance
	where the client recognises and acknowledges that the alliance is under strain, an ability (when appropriate) to help the client make links between the rupture and their usual style of relating to others
	to allow the client to assert any negative feelings about the relationship

between the practitioner and themselves
to help the client explore any fears they have about expressing negative feelings about the relationship between the practitioner and themselves