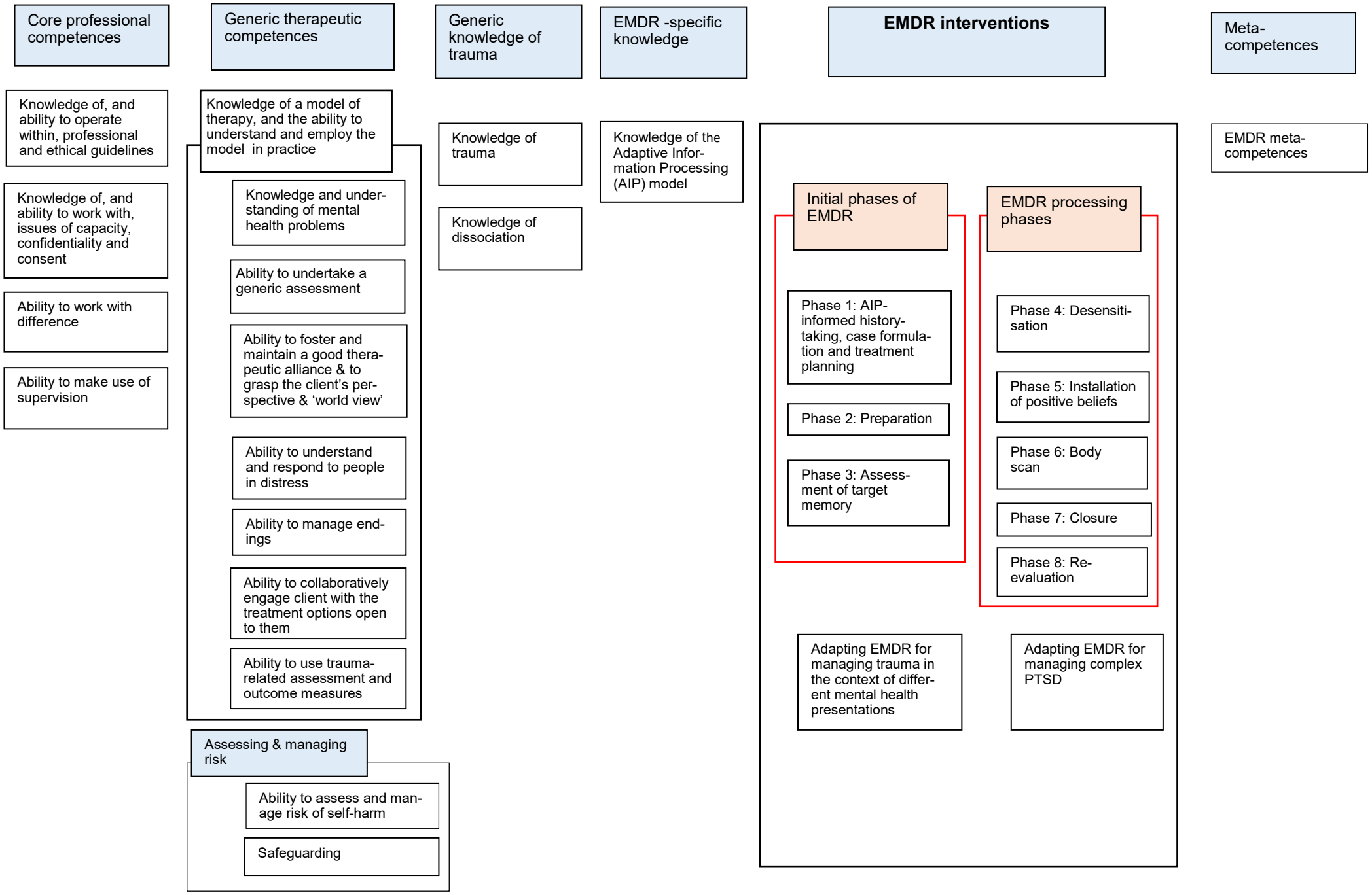
Core professional competences
Knowledge of, and ability to operate within, professional and ethical guidelines
Knowledge of, and ability to work with, issues of capacity, confidentiality and consent
Ability to work with difference
Ability to make use of supervision
Generic therapeutic competences
Knowledge of a model of therapy, and the ability to understand and employ the model in practice
Knowledge and understanding of mental health problems
Ability to undertake a generic assessment
Ability to foster and maintain a good therapeutic alliance & to grasp the client's perspective & 'world view'
Ability to understand and respond to people in distress
Ability to manage endings
Ability to collaboratively engage client with the treatment options open to them
Ability to use trauma-related assessment and outcome measures
Assessing & managing risk
Ability to assess and manage risk of self-harm
Safeguarding
Generic knowledge of trauma
Knowledge of trauma
Knowledge of dissociation
EMDR -specific knowledge
Knowledge of the Adaptive Information Processing (AIP) model
EMDR interventions
Initial phases of EMDR
Phase 1: AIP-informed history-taking, case formulation and treatment planning
Phase 2: Preparation
Phase 3: Assessment of target memory
EMDR processing phases
Phase 4: Desensitisation
Phase 5: Installation of positive beliefs
Phase 6: Body scan
Phase 7: Closure
Phase 8: Re-evaluation
Adapting EMDR for managing trauma in the context of different mental health presentations
Adapting EMDR for managing complex PTSD
Meta-competences
EMDR meta-competences