

Participant Agreement

Please read in full this agreement to ensure you understand all the virtual EMDR basic training requirements, expectations, and how to prepare yourself for the training.

TRAINING & CONSULTATION EXPECTATIONS

The EMDR Training includes Part I and Part II, each of which are three-day training sessions, as well as 10 hours of consultation on EMDR Therapy, and required reading (which includes the following: 1) Shapiro, Francine. (2018). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition: Basic Principles, Protocols, and Procedures*. New York: Guildford Press, 2) a 2020 issue of Go With That Magazine about EMDR & Racial Trauma, and 3) Guidelines for Virtual EMDR Therapy). This EMDR training is EMDRIA-Approved.

To complete the training and receive a Certificate of Completion of this EMDRIA-Approved EMDR Basic Training, you are required to attend and complete in full both the Parts I and II training sessions. Please be sure that when you register for the training, you are able to attend the entire training and have those times protected in your calendar. You must be online (with Zoom) and on the screen for the entire training. If you need to miss any parts of the training, then you will be required to transfer to a new training cohort and pay a transfer fee.

Ten hours of group consultation are required to complete the Virtual EMDR Basic Training. These consultation groups are included in your total cost. You will sign up for your groups before Part I begins. If you need to reschedule one or more of the groups for which you are registered, you may be required to pay an additional fee of \$65 per group to transfer to another consultation group beyond those available for your training cohort.

PRACTICUM EXPERIENCE

During the Part I and Part II training sessions, you will be required to participate in real practice sessions of the EMDR therapy standard protocol with fellow participants, both as clients and as therapists, during which facilitators will be providing support and guidance. As clients, you will select a mildly distressing life experience to focus on and experience the EMDR therapy standard protocol facilitated from fellow training participants. **Caution:** For participants with untreated trauma histories, there is a possibility that this training may tap into unconsciously held (and previously unknown), highly charged trauma material. If you have had traumatic experiences or a diagnosis that causes you to be concerned about participating in this part of the training at this time, please contact us at info@scalingupemdr.com before registering so we can discuss your situation and offer support as you consider whether it is the right time for you to participate in this training.

TIME FRAME FOR COMPLETION OF VIRTUAL EMDR BASIC TRAINING

Training participants who begin the Virtual EMDR Basic Training must complete the entire training within 12 months from their initial start date. Training participants will be offered the available resources and capacity for training completion. In the event of a humanitarian crisis (illness, injury, death, etc.), trainers must have a policy in place that addresses and facilitates the training participant's ability to complete the training.

REQUIRED READING

The required reading for the virtual EMDR basic training includes the following materials:

1) Shapiro, Francine. (2018). Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition: Basic Principles, Protocols, and Procedures. New York: Guildford Press;

2) Go With That Magazine Fall 2020, Volume 25, Issue 3 [EMDR & Racial Trauma] - https://mk0emdrias99osg9utnb.kinstacdn.com/wp-content/uploads/2021/05/GWT.2020.Vol_25.Issue_3.RacialTrauma.ALL.pdf

3) [Guidelines for Virtual EMDR Therapy \(Spring 2020\).](https://mk0emdrias99osg9utnb.kinstacdn.com/wp-content/uploads/2020/04/virtual_tg_report_for_member.pdf) - https://mk0emdrias99osg9utnb.kinstacdn.com/wp-content/uploads/2020/04/virtual_tg_report_for_member.pdf

3) Guidelines for Virtual EMDR Therapy (Spring 2020).

ELIGIBILITY

Please ensure that you are eligible to attend this training by clicking this link and reviewing the requirements: <https://www.emdria.org/emdr-training-education/emdr-training/eligibility-requirements-for-emdr-training/>

CANCELLATION & REFUND POLICIES

Full refund minus \$50 administrative fee up to 30-days before training begins. However, we do know that emergencies and unexpected events do happen, so we are willing to allow people to transfer their payment to another cohort for emergency situations if the refund deadline is missed. The cohort transfer fee is \$100. Due to the importance of emotional safety and cohesion of each training cohort, we strongly encourage you to try to stay within the cohort dates you originally sign up for, if possible, and to protect the dates on your calendar.

PARTICIPATION WAIVER

You have voluntarily chosen to attend the Virtual EMDR Basic Training (Parts I and II) (“Training”). This Training includes Part I (3-days) and Part II (3-days), each of which are online live training sessions and practicums, as well as an additional 10 hours of consultation on EMDR Therapy (for which you will sign up prior to the Part I training session) that begin after the Part I training session and end after the Part II training session, and required reading (see Training and Consultations section above to review required reading). This EMDR training is EMDRIA-Approved.

During the Training you may feel activated by client stories or when considering one's own traumatic experiences. If you are at all concerned about such side effects or reactions, you should consult your own physician or therapist to determine if this Training would be appropriate for you.

In consideration of your attendance at the Training, you hereby agree to release, indemnify, and hold harmless the Company putting on the Training (Scaling Up, LLC), its owners, hired trainers, and your fellow attendees at the Training, from any and all liability occurring during and after your attendance at the Training. In particular, you acknowledge that you will not hold the Company liable for any expenses, bodily, mental or personal injuries that you sustain as a result of your attendance at or participation in the Training. Furthermore, you acknowledge that you are aware of and understand that your attendance and/or participation in the Training entails certain anticipated and unanticipated risks, and you assume all risks associated therewith as your responsibility.

The terms and conditions of this Participant Waiver shall be legally binding upon the undersigned and their respective estate, representatives, and assigns. I hereby acknowledge my voluntary and informed assumption of full responsibility and liability regarding any injuries that I may incur coincident to my participation in this Training. I hereby assume any and all risks associated with the Training and expressly waive, release, discharge and hold harmless Scaling Up, LLC, its owners, hired trainers, and my fellow attendees, from and against any and all expenses, property damage, and/or injuries sustained that arise out of, in association with, or related in any way to my participation in this Training.

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Nothing in this online course/training should be considered legal, medical or ethical advice or as a substitute for consultation with a qualified attorney, medical doctor or your State Licensing Board regulations. If you are in need of a legal consult, your

liability insurer or professional association may offer useful free resources. If you are in need of a medical consult regarding somatic manifestations of psychological symptoms or other topics, then contact a physician for a consult or refer your client to a medical doctor. If you are in need of understanding the regulations regarding providing online/remote therapy or these protocols and procedures learned in the course, then contact your lawyer and/or State Licensing Board.

The information presented by Scaling Up or any contributors, to the best of our knowledge, are accurate at the time of course publication. However, we assume no responsibility for errors, omissions, or changes in requirements. Legal, ethical, medical, clinical, and cultural standards can change quickly, and it is ultimately the responsibility of each individual therapist to remain current.

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VIDEO RECORDING CONSENT

We will be recording the live training sessions. Participants will be required to keep their video on during the Training, so it is vital that participants present on video with

professionalism and awareness. The participant is responsible for their voice and appearance during this time, knowing that it will be recorded and potentially shared with others.

This means that it's possible that a participant's voice, video or image may be seen in the video during the training. If participants ask a question during the training, their question and Elizabeth Legg's answer may be incorporated into online training videos to help other clinicians who may have the same or similar questions.