EMDR Foundations: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



EMDR Foundations: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “EMDR Foundations” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “EMDR Foundations” to a group: a session for each of its 2 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 2 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About EMDR Foundations

This comprehensive foundation course offers a rigorous introduction to Eye Movement Desensitisation and Reprocessing (EMDR) for clinicians and trainees new to the approach. The curriculum is built upon the Adaptive Information Processing model, which provides the essential theoretical framework for understanding how EMDR facilitates the resolution of traumatic memories. You will examine the robust evidence base supporting EMDR within national trauma treatment guidelines, gaining clarity on its efficacy and appropriate application. The training proceeds through the eight-phase standard protocol, guiding you from the initial history-taking and case conceptualisation to the critical phase of preparation, where Resource Development and Installation are prioritised to ensure client safety. You will learn to identify targets using the Subjective Units of Disturbance (SUDs) scale and navigate the complex process of Desensitisation utilising Dual Attention Stimuli. The course concludes with detailed instruction on Installation, the Body Scan, Closure, and Re-evaluation, ensuring a complete understanding of the therapeutic journey. By mastering these phases, you will develop the professional and ethical competence required for client selection and readiness assessment, providing the vital conceptual grounding necessary before undertaking supervised skills practice. This seven-hour programme is designed to meet the standards of recognised EMDR training, equipping you with the knowledge to begin integrating this powerful trauma therapy into your practice.

By the end of the course, participants will be able to

- Explain the adaptive information processing model and what it says trauma symptoms are
- Describe all eight phases of the standard EMDR protocol and each one's function
- Explain bilateral stimulation and the evidence on its role honestly
- Take a trauma history and build a target sequence plan
- Prepare clients properly: resourcing, safe place and informed consent
- State clearly what EMDR practice requires by way of accredited training and supervision

Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

At a glance

- 2 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 7 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	The model and the evidence	5	210 minutes
2	The eight-phase protocol	4	210 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.