

## Programme Specification for MSc Eye Movement Desensitisation and Reprocessing (EMDR) Therapy

1.	<b>Awarding institution/body</b>	University of Worcester
2.	<b>Teaching institution</b>	University of Worcester
3.	<b>Programme accredited by</b>	EMDR Europe
4.	<b>Final award</b>	MSc EMDR Therapy
5.	<b>Programme title</b>	MSc EMDR (Eye Movement Desensitisation Reprocessing) Therapy
6.	<b>Pathways available</b>	Separate EMDR Europe Training Certificate in conjunction with MPSY4160 and the CPD version of the module
7.	<b>Mode and/or site of delivery</b>	Block delivery EMDR Training Module: – 4 x 3 days for EMDR Levels 1, 2, 3 & 4 EMDR Europe Accreditation Module: 8 x ½ day EMDR Clinical Supervision Sessions EMDR with Complex Populations: 2 x 2 days Scripted Protocols: 2 x 2 days Advanced Research Methods 2: 2 x 2 days
8.	<b>Mode of attendance</b>	Part time only
9.	<b>UCAS Code</b>	N/A
10.	<b>Subject Benchmark statement and/or professional body statement</b>	<a href="#">QAA Benchmark-statement for Counselling &amp; Psychotherapy</a> <a href="#">QAA Masters-Degree CharacteristicsEMDR Europe</a> (2016)
11.	<b>Date of Programme Specification preparation/ revision</b>	August 2016 (Regulations amended - Section 20) November 2016 Minor Updating

### 12. Educational aims of the programme

Eye Movement Desensitisation & Reprocessing (EMDR) therapy is an integrative eight phase psychotherapy approach that directly addresses the experiential contributors of both health and dysfunction (Shapiro, 2013). In August 2013 the World Health Organisation (WHO) published 'Guidelines for the management of conditions that are specifically related to stress'. These guidelines were developed as there are currently no suitable, evidence-based guidelines for managing problems and disorders related to stress in primary health care and other non-specialized health-care settings. It was developed to provide recommended management strategies for problems and disorders that are specifically related to the occurrence of a major stressful event (WHO, 2013, pg. 3). It recommended:

*“Trauma-focused CBT and EMDR therapy are recommended for children, adolescents and adults with PTSD. “Like CBT with a trauma focus, EMDR therapy aims to reduce subjective distress and strengthen adaptive cognitions related to the traumatic event. Unlike CBT with a trauma focus, EMDR does not involve (a) detailed descriptions of the event, (b) direct challenging of beliefs, (c) extended exposure, or (d) homework.” (p. 1)*

This endorsement for EMDR Therapy as an empirically supported treatment for Post-Traumatic Stress Disorder (PTSD) also comes from many other sources (American Psychiatric Association, 2004); National Institute of Health & Clinical Excellence, 2005; Bisson & Andrews, 2007; Pagani et al, 2007, van der Kolk et al, 2007, International Society of Traumatic Stress

Studies, 2009; Institute of Veterans Affairs and Institute of Defense, 2010; California Evidence-Based Clearinghouse for Child Welfare, 2010; The Substance Abuse & Mental Health Services Administration [SAMHSA], 2011).

This programme in EMDR Therapy is intended for existing mental health professionals, registrants of a professional regulatory body (HCPC/ PSI/ NMC/ GMC/ BABCP/ BACP/ UKCC/ IACT/ GSCC), currently engaged in clinical practice. Likely participants undertaking the programme are:

- Clinical Psychologists
- Counselling Psychologists
- Forensic Psychologists
- Consultant Psychiatrists
- Specialist Registrars in Psychiatry
- Registered Mental Health Nurses
- Mental Health Social Workers
- Accredited Psychotherapists & Counsellors

Aims and outcomes for the programme were specified with regard to the [Framework for Higher Education Qualifications \(FHEQ\)](#); and the syllabus of EMDR Europe Basic Training – EMDR Europe Standards Committee

#### **Programme Aims:**

The purpose of this programme is to provide students with a robust understanding regarding the theory and practice of EMDR Therapy and how this can be utilised, and effectively integrated into clinical practice. The more specific aims of the programme include:

- A flexible, interdisciplinary, student-centred forum for the advanced study of EMDR as a psychotherapeutic intervention;
- Opportunities for the systematic development of EMDR Therapy clinical skills to enable students to further develop confidence in the acquisition of essential expertise and dexterity in the subsequent application of EMDR Therapy into clinical practice;
- A stimulating academic environment which is based on the values of academic openness and critical appraisal;
- Providing a rich, creative, and analytical perspective to traditional and contemporary approaches, combined with advanced awareness of ethical and professional standards of good practice in EMDR Therapy;
- A critical understanding and application of different research methods, and the ability to design and implement a personal project related to EMDR (on completion of the full Masters programme only).

#### **13. Intended learning outcomes and learning, teaching and assessment methods**

The programme subject specific learning outcomes address the following areas:

- Knowledge & understanding
- Cognitive & intellectual skills
- Practical skills & transferrable skills

#### **Knowledge and Understanding**

*By the end of the programme, students will be able to:*

1. Demonstrate a systematic understanding of knowledge and clinical skills relating to the theory and practice of EMDR Therapy as a psychological treatment/ psychotherapeutic intervention and effectively integrate this into current clinical practice.
2. Critically consider a comprehensive understanding of research methods and statistical techniques and their application to advanced research and scholarship in relation to EMDR Therapy research and development.
3. Analyse and reflect upon key conceptual frameworks that enables the synthesis and application of appropriate psychological theories to academic and applied/ clinical settings.

#### **Cognitive and intellectual skills**

4. Provide critical evidence of self-direction and originality in identifying needs, analysing needs, formulating solutions and evaluating strategies within the context of EMDR Therapy clinical practice.
5. Evaluate empirical research and advanced scholarship in EMDR Therapy and appraise research methodologies, and where appropriate, to propose new hypotheses in connection with EMDR Therapy clinical practice.

#### **Practical Skills and Transferable Skills**

6. Demonstrate on-going initiative and personal responsibility when working in clinical practice alone or with others on applied problems or tasks.
7. Make decisions in complex applied clinical situations using systematic and creative methods and communicate issues within the framework of EMDR clinical supervision.
8. Critically develop the ability to learn independently, including carrying out a significant research/ fieldwork project and to complete this within set time constraints.

Throughout the MSc EMDR Therapy programme students will experience a wide range of different learning and teaching methods including didactic teaching punctuated by group wide discussion, role play, live demonstration, clinical DVD's, training DVD's, podcasts, webinars, practicum and experiential learning, and clinical supervision of practice. Blackboard resources are available to provide support for students whilst off campus.

<b>Learning Outcome</b>	<b>PGCert</b>	<b>PGDip</b>	<b>MSc</b>
1	✓	✓	✓
2			✓
3	✓	✓	✓
4		✓	✓
5	✓	✓	✓
6	✓	✓	✓
7	✓	✓	✓

8	✓	✓	✓
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On successful completion of **all 4 taught modules, 1 distance learning module plus the 60 credit Dissertation module**, students will be awarded the MSc in EMDR Therapy.

On successful completion of **all 4 taught modules, plus 1 distance learning module**, students will be awarded the Postgraduate Diploma in EMDR Therapy.

On successful completion of **any 2 taught modules including either MPSY4002 or MPSY4005**, students will be awarded the Postgraduate Certificate in EMDR Therapy.

Module	Learning Outcomes							
	Theory, Knowledge and Understanding			Cognitive and Intellectual Skills		Practical Skills and Transferable Skills		
	1	2	3	4	5	6	7	8
MPSY4002/MPSY4005	x	x	x		x	x	x	x
MPSY4160	x	x	x	x	x	x	x	
MPSY4161	x	x	x	x	x	x	x	
MPSY4162	x	x	x	x	x	x	x	
MPSY4163	x	x	x	x	x	x	x	
MPSY4099	x	x	x	x	x	x	x	
MPSY4000	x	x	x	x	x	x	x	x

The table below indicates which learning outcomes are relevant to each module:

#### 14. Assessment Strategy

The assessment strategies adopted in the MSc EMDR Therapy make a significant contribution to learning. The assessment strategies are designed to develop skills and knowledge in EMDR Therapy and provide evidence of the students' progress and achievement throughout the course and prepare existing clinicians for further enhancing their careers in psychological treatment & psychotherapeutic practice. Both formal (summative) and informal, developmental, (formative) approaches will be used through both structured assessment and practicum experience of EMDR Therapy clinical skills. In order to develop the skills of advanced study identified within the course aims and the EMDR Europe syllabus, students will experience a variety of assessment strategies. These include case studies, essays, competency based frameworks and presentations (individual and group), and reflective portfolios. The opportunity for students to demonstrate independence in a sustained piece of work is provided in the completion of the Dissertation. E-learning through the use of Blackboard will be utilised to support student learning between lectures, including the use of tests and knowledge checks. Each assessment has been designed to reflect the learning outcomes therefore a range of assessments have been used through the programme.

## 15. Programme structures and requirements

The syllabus of the course is designed to cover the EMDR Europe requirements for 'EMDR Europe Basic Training' and EMDR Europe Accreditation as a Practitioner.

The Award Map for this programme is shown below:

### MSc EMDR

Module Code	Module Title	Credits (Number)	Status Mandatory (M) or Optional (O)
MPSY4160	EMDR Europe Training Level 1,2,3 & 4	40	M
MPSY4161	EMDR with Complex Clinical Populations	20	M
MPSY4162	Wider Applications of EMDR through Scripted Protocols	20	M
MPSY4163	Current Issues in EMDR Practice & Research – A Negotiated Independent Learning Module	20	M
MPSY4099	Clinical Supervision of EMDR Professional Practice	Zero	M
MPSY4005	Advanced Research Analysis 2	20	M
MPSY4000	Dissertation	60	M

On successful completion of **all modules specified in the table above**, students will be awarded the MSc EMDR Therapy

On successful completion of **MPSY4160, MPSY4099 and any ONE other taught module**, students may exit the programme with a Postgraduate Certificate in EMDR Therapy

On successful completion of **MPSY4160, MPSY4099 and FOUR taught modules (MPSY4161, MPSY4162, MPSY4163, & MPSY4005)**, students may exit the programme with Postgraduate Diploma in EMDR Therapy

Some students may choose to exit following successful completion of **MPSY4160 and MPSY4099** upon which they will be awarded an EMDR Europe Completion of Basic Training Certificate.

Modules **MPSY4160/4099, MPSY4161, MPSY4162 & MPSY4163** can also be accessed as stand-alone Continuous Professional Development (CPD) Modules.

EMDR Clinical Supervision is a fundamental aspect of the MSc EMDR programme and is incorporated within the teaching and learning elements for each of the EMDR clinical modules (**MPSY4160, MPSY4161, MPSY4162 & MPSY4163**). The central focus of EMDR Clinical Supervision ostensibly relates to the quality of practice offered by the EMDR supervisee to their clients in accordance with EMDR Europe Competency Frameworks for Practitioner and the EMDR supervisee's professional body /organisation and registration requirements.

## 16. QAA and Professional Academic Standards and Quality

This award is located at level 7 of the FHEQ. The MSc EMDR programme is designed in line with the [QAA Framework for HE Qualifications at Level 7 and at Master's Degree Characteristics \(QAA, 2010\)](#). This qualification develops existing graduates with higher level clinical and analytical skills and encompasses a broad range of EMDR practice competencies in line with [EMDR Europe Competency Framework for Practitioner](#).

## 17. Support for Students

All students will have a Personal Academic Tutor throughout the duration of their academic studies who will offer pro-active support when requested by the student. A Course Handbook is provided to all students and is updated annually. Further subject information leaflets and guides, most of which are available on the web, will be provided to students. The subject team provide study skills and additional support can be provided and learning support services (Library, IT, and Media and Print). **Personal Academic Tutors for the students on this course will be the EMDR Europe Accredited Consultants/ Trainer responsible for the running of the course.** The support available will include measures to promote a distinctive course culture for students on this programme.

For example:

- A dedicated induction session.
- Encouragement of exchange of personal information to promote self-help groups and mutual study support.
- Sessions on creating research proposals and presentation skills.
- A session regarding EMDR Europe Accreditation criteria.
- Support meetings/seminars to discuss a range of pastoral, career and study skills issues.
- The UW SOLE (Student On-Line Environment) page which provides guidance on learning support and equal opportunities, individual module profiles and selection, academic regulations, communication of grades, resubmission opportunities and activities, etc.

The University has an [Equal Opportunity Policy Statement](#), together with equality schemes and action plans promoting equality in relation to race, disability, gender, age and sexual orientation. Progress in implementation is monitored by the Equality and Diversity Committee. The [Disability and Dyslexia Service](#) within Student Services provides specialist academic and other support on a one to one basis, makes recommendations for reasonable adjustments to teaching and assessment based on individual need and works with disabled students to allow them to manage their own learning development.

- Induction and Tutorial Support

At the commencement of the programme students will participate in an induction to the University of Worcester. The course leader will ensure that students are aware of the expectations for the course, will provide general course information and organise specific inductions to relevant support departments

- Handbooks and Supporting Information

All students on the course will receive a course handbook.

- [Information and Communication Technology \(ICT\)](#)

ICT provides media and IT support.

Each student is allocated an email account to facilitate communication between peers and with tutors. In addition, students are registered on Blackboard, which allows access to a range of learning resources and information both on and off campus. There are networked computers available to students across the University.

- [Library Services](#)

The Library has a good range of appropriately focussed learning resources, including traditional library resources books and journals as well as a range of electronic resource materials. The University has subject specific librarians who will provide specific resource support for students on this programme.

- **Media Services**

Reprographic, laminating, binding and video editing services are available for use by students. There is a wide range of equipment available for student use including DVD and video players, video and digital cameras and data projectors.

- [Registry Services](#)

Are responsible for ensuring that students are registered on programmes and maintain a central record of student progress, and administer claims for mitigating circumstances and appeals and award ceremonies.

- [Student Services](#)

The University is committed to supporting the student experience and to this end has a range of student services; counselling service, financial advice, childcare provision, careers advice.

## **18. Admissions**

### **Admissions policy**

Admissions to the MSc EMDR Therapy programme are considered from applicants that can demonstrate the ability to successfully study at Master's level but at the same time must meet the minimum EMDR Europe Eligibility Pre-requisites for undertaking EMDR Training:

### **Entry requirements**

Applicants must provide confirmation from their employer/ manager indicating their support in undertaking the MSc EMDR Therapy programme.

### **Mental Health Professionals with a minimum of a 2(ii) Honours Degree in a Mental Health related discipline**

- Clinical Psychologists (Registered with HCPC or PSI)
- Counselling Psychologists (Registered with HCPC or PSI)
- Psychiatrists (MRCPsych, SpR, SHO)
- Community Psychiatric Nurses (Registered with the Nursing and Midwifery Council)
- Registered Mental Health Nurses (Registered with the Nursing and Midwifery Council)
- Psychiatric Social Workers (Registered with the HCPC)

**Counsellors/Psychotherapists – MUST hold accreditation OR have submitted their application for accreditation** for one of these professional bodies

- BABCP
- BACP
- UKCP
- IACT/IACP
- Association of Christian Counsellors (higher level)
- British Society for Clinical Hypnosis
- National Council of Psychotherapists (Mental Health Practitioners)

**Notes:**

- Clinical & Counselling Psychologists in their final year of training are acceptable with a letter of recommendation from their supervisor
- Applicants from backgrounds including: Arts Therapy and Occupational Therapy will need to demonstrate experience of working in a mental health background
- For applicants without a first degree evidence of prior certificated and/or experiential learning which must include the above eligibility requirements.
- Applicants may also include those who already have 40M credits in EMDR from another university Post-graduate training programme.

Applicants must also demonstrate that they are clinically active so as to enable programme participants to achieve the learning outcomes of the MSc EMDR Therapy programme, and demonstrate; professional registration documentation, written confirmation from their employer that they are prepared to support the MSc EMDR Therapy Programme of study, Evidence of work-based learning public liability insurance.

The Programme Leader will interview all students before confirmation of acceptance. Interviews may be carried out either face to face, telephone or via Skype. This process is of major importance to applicants to ensure that they understand the structure of the course and its demands.

International students will be expected to demonstrate their proficiency in English and would normally be expected to have an IELTS score of 6.5 with a minimum of 6.0 in each element, or equivalent.

The interview process will seek to identify both the student's academic ability and their motivation. The course has a 100% attendance policy for module MPSY4160 and 80% attendance policy for the other modules and students must show at interview that they clearly understand the implications of this.

The interview process will involve a structured interview with the Course Leader focussed around:

- Clarification about current clinical practice arrangements
- The students career aspirations and how the course will support these
- Their understanding of the requirements of the course
- Their previous work and academic experience
- An area of interest in a research related EMDR issue, including experience of previous



research activity

### **Taught Postgraduate applications**

Apply directly to the University of Worcester for all taught postgraduate and Postgraduate Certificate programmes.

For further advice please contact the Course Leader: Dr Derek Farrell on 01905 542443 or email: [d.farrell@worc.ac.uk](mailto:d.farrell@worc.ac.uk)

### **Recognition of Prior Learning for Postgraduate Students**

Students with relevant previous study at postgraduate level or with extensive experience may be considered eligible for Recognition of Prior Learning (RPL). Please contact the Registry admissions Office for further information or guidance.

Further information on Recognition of Prior Learning can be found at <http://www.worcester.ac.uk/registryservices/941.htm>

### **Enhanced Disclosure and Barring Service Check**

MSc EMDR Therapy course falls under DBS procedures and applicants **MUST DISCLOSE** any criminal conviction (including spent convictions) to the University before entering the course.

## **19. Methods for evaluating and improving the quality and standards of teaching and learning**

There are a number of methods used by the course team in order to monitor, evaluate and improve the quality and standards of teaching and learning:

- Annual evaluation of the course.
- External Examiners reports. The external examiner for this course will be an EMDR Europe Consultant/ Trainer
- Mid and end of module evaluations by students.
- Module comment slips allowing feedback from students about modules.
- Subject staff/student/student forum committee considers student and staff feedback on modules.
- Peer learning through observation.
- A teacher accredited course (PG Cert in Learning and Teaching for HE) for new staff.
- Regular staff meetings have a standing item on sharing good practices, including teaching and learning.

## **20. Regulation of assessment**

### **The course operates under the University's Taught Courses Regulatory Framework**

#### **Requirements to pass modules**

- Modules are assessed using a variety of assessment activities which are detailed in the module specifications.
- The minimum pass mark is D- for each module.
- Students are required to submit all items of assessment in order to pass a module, and in some modules, a pass mark in each item of assessment may be required.
- Some modules have attendance requirements.

- Full details of the assessment requirements for a module, including the assessment criteria, are published in the module outline.

#### **Submission of assessment items**

- Students who submit course work late but within 5 days of the due date will have work marked, but the grade will be capped at D- unless an application for mitigating circumstances is accepted.
- Students who submit work later than 5 days but within 14 days of the due date will not have work marked unless they have submitted a valid claim of mitigating circumstances.
- For full details of submission regulations please see the Taught Courses Regulatory Framework.

#### **Retrieval of failure**

- Students are entitled to resit failed assessment items for any module that is awarded a fail grade, unless the failure was due to non-attendance.
- Reassessment items that are passed are graded at D-.
- If a student is unsuccessful in the reassessment, they have the right to retake the module (or, in some circumstances, take an alternative module); the module grade for a re-taken module is capped at D-.
- A student who fails 60 credits or more after exhausting all reassessment opportunities may be required to withdraw from the University.

#### **Requirements for Awards**

<b>Award</b>	<b>Requirement</b>
PG Cert EMDR Therapy	Passed a minimum of 60 credits at level 7 – including MPSY4160/MPSY4099 and/ or MPSY4161, MPSY4162, MPSY4163, MPSY4005
PG Dip EMDR Therapy	Passed a minimum of 120 credits at level 7 – including MPSY4160/MPSY4099, MPSY4161, MPSY4162, MPSY4163, MPSY4005
Masters (MSc) EMDR Therapy	Passed a minimum of 180 credits at level 7 including MPSY4160/MPSY4099, MPSY4161, MPSY4162, MPSY4163, MPSY4005 and MPSY4000

PG Cert and PG Dip awards are unclassified. The awards of Masters may be made with Pass, Merit or Distinction.

## **21. Indicators of quality and standards**

Specific indicators of the quality standards of the MSc EMDR Therapy programme:

Dr Derek Farrell is an accredited EMDR Europe Approved Trainer and Consultant and an Accredited Cognitive Behavioural Psychotherapist with BABCP. He is Vice President of EMDR Europe, Chair of the EMDR Europe Practice Committee, Chair of Trauma Aid Europe and current President of EMDR UK & Ireland. He is also involved in various Trauma Capacity Building Projects (EMDR Therapy) in Cambodia, Myanmar, Pakistan and Iraq. As the first MSc EMDR Therapy of its kind specific quality indicators will include; retention and progression rates, and external examiner feedback.

## **22. Graduate destinations, employability and links with employers**

Although students will already be engaged in clinical practice undertaking this MSc EMDR programme will equip those who wish to develop their expertise in the field of psychological trauma in relation to developing specialist clinical practice and expertise, clinical supervision, research and development.

Developing expertise in EMDR Therapy allows clinicians to progress their careers in a manner that can extremely multi-faceted. EMDR clinicians can progress towards becoming an EMDR Europe Accredited Practitioner, Consultant/ Clinical Supervisor and Trainer. Expertise can also be related to specific speciality where EMDR could be used, enhanced and developed. These include peak performance, pain management, humanitarian activity, children and adolescents, severe and enduring mental illness, physical health care, military, ethnicity and culture, and many more.

**Please note:** This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of each module can be found in the module study guide and course handbook. Key sources of information about the Course can be found in the Course Handbook and Module Specifications.