EMDR ASSIST

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FOR EMDR CLINICIANS · NOVEMBER 2026 EDITION

EMDRIA Certification

The Ultimate Clinician's Guide — 2026 print-ready reference

Everything a clinician needs to plan the path to EMDRIA Certification — requirements, the 50/25 client rule, the 20-hour consultation split, realistic timelines, common rejection reasons, and a decision tree.

Use this live, in session.

EMDR Assist turns protocols like this into guided, phase-by-phase session tools — SUD/VoC tracking, scripts and notes in one place.

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- Evidence-based
- Fully referenced
- Reviewed November 2026
- Free to use in practice

Trained vs. Certified

EMDR-trained — completed an EMDRIA-approved Basic Training (50 hrs: 20 lecture, 20 practicum, 10 consultation). May ethically practice and bill for EMDR.

EMDRIA Certified Therapist™ — voluntary credential demonstrating ongoing supervised competence. Required to use the 'EMDRIA Certified Therapist™' title or apply for CIT status.

Certification requirements at a glance (2026)

Requirement	Detail
Basic Training	EMDRIA-approved, 50 hours (20 lecture + 20 practicum + 10 consultation)
License	Independent, active, unrestricted
Experience	≥ 2 years in the field of your license
EMDR sessions	≥ 50 sessions
Different EMDR clients	≥ 25 clients
Consultation hours	20 total: ≥10 individual; groups max 8; within last 5 years and after Basic Training
Consultant credential	EMDRIA Approved Consultant or CIT
Continuing education	12 hours EMDRIA-approved CE
Letters of recommendation	1+ from an EMDRIA Approved Consultant (CIT letters don't count) + 2 peer letters
EMDRIA membership	Active at application & review
Application fee	$150 EMDRIA Full Members; $350 non-members (2026); review typically 3–5 weeks

The 50/25 client rule, decoded

Both numbers must be met. 50 sessions where EMDR (any phase) was used, with at least 25 different clients. Pure intake or pure non-EMDR sessions do not count. One client × 50 sessions ≠ qualifying — you still need 25 distinct clients.

The 20-hour consultation split

- ≥ 10 hours individual (1:1 or 1:2 with an Approved Consultant)

- Up to 10 hours group (cap; ratios apply with larger groups)
- All hours must be with an EMDRIA Approved Consultant or a CIT under Consultant supervision
- The 10 hours embedded in Basic Training do NOT count toward these 20.

Realistic timeline

Most clinicians complete certification 12–24 months after Basic Training, depending on EMDR caseload volume and consultation frequency.

Common application rejections

- Counting Basic Training consultation toward the 20 hours
- Hours with non-Approved Consultants
- Missing the 25-distinct-client floor
- Generic trauma CE instead of EMDRIA-approved EMDR CE
- Lapsed EMDRIA membership during review
- Pre-licensure applicants applying before full licensure post-date

Decision tree: should you pursue certification?

Pursue if…

you want directory referrals as Certified, plan to become a CIT/Consultant, or work in settings where the credential opens contracts.

Skip if…

you use EMDR occasionally as one of many modalities and don't need the title — being trained is fully sufficient to practice.

This reference is a clinical aid, not legal advice. Requirement figures (training hours, client/session minimums, consultation-hour split, CE hours, and fees) are summarised from EMDRIA's published certification materials and are revised periodically — verify every figure against the current EMDRIA application packet before submitting.

References

Every clinical claim in this resource is traceable to the sources below. Instruments are public domain or used under their published terms.

1. EMDR International Association (EMDRIA). EMDRIA Certified Therapist™ — requirements and application materials. emdria.org (verify current edition).

2. EMDR International Association (EMDRIA). EMDRIA-Approved Basic Training Requirements. emdria.org (verify current edition).

3. EMDR International Association (EMDRIA). Consultation and Consultant-in-Training (CIT) requirements. emdria.org (verify current edition).

4. Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy* (3rd ed.). Guilford Press.

5. Leeds, A. M. (2016). *A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors, and Consultants* (2nd ed.). Springer.