

REQUEST FOR APPLICATIONS

For

Eye Movement Desensitization and Reprocessing (EMDR)

Learning Collaborative for Louisiana Medicaid
Behavioral Health Agencies



Issued by

LSUHSC Center for Evidence to Practice



Application Release Date: Monday, May 6, 2024

APPLICATIONS MUST BE RECEIVED BY TUESDAY, MAY 28, 2024

All applicants will be notified by Tuesday, June 4, 2024

Please direct questions to the Center for Evidence to Practice at

EvidencetoPractice@lsuhsc.edu

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1. TRAINING OVERVIEW

A. INTRODUCTION

The Center for Evidence to Practice (Center for E2P) has written this Request for Application (RFA) in order to identify behavioral health practitioners in Louisiana who are equipped to successfully participate in **Eye Movement Desensitization and Reprocessing (EMDR)** training and implementation.

Due to the identified need for Medicaid behavioral health services specific to children and their caregivers, EMDR has been selected by the Office of Behavioral Health (OBH) as an evidence-based program that will be expanded statewide. OBH has published a Medicaid service definition for EMDR in their [LA Medicaid Behavioral Health Services Provider Manual](#).

Through this Request for Applications (RFA), the Center for E2P and EMDR trainer and Consultant, Carol Miles, LCSW look forward to identifying a strong cohort to participate in this training and learning collaborative opportunity.

The **goal of this RFA** is to help providers determine if this EBP is a good fit for their clinicians, organization and children and families they service. *It should also help providers determine if they are able to commit to the expectations of participating in this training opportunity and of delivering the EBP.* The application requests information about the providers' qualifications, the services they provide to Medicaid-insured children and families, and readiness to participate in the training and to deliver the EBP. The E2P staff and trainer will be reviewing applications based on the ***Application and Selection Process (Section 3) to select providers that are best able to take advantage of this training opportunity and to sustain delivery of the EBP.***

B. INFORMATION ABOUT THE LOUISIANA CENTER FOR EVIDENCE TO PRACTICE

The Center for E2P is a partnership between the Louisiana Department of Health – Office of Behavioral Health and the Louisiana Health Sciences Center – School of Public Health, which is tasked with improving access to evidence-based behavioral health practices for Louisianan children and families insured by Medicaid. Our mission is to support the state and its agencies, organizations, communities, and providers in selecting and implementing evidence-based interventions to promote youth and family well-being, improve behavioral health outcomes, and address challenges related to sustaining quality practice. For more information on the E2P please visit our [website](#) and [subscribe](#) to our newsletter for updates.

C. CONTINUING EDUCATION CREDITS

The Center is a pre-approval organization through the Louisiana State Board of Social Work Examiners (LABSWE) for social workers. Additionally, the Center was approved by the National Board for Certified Counselors (NBCC) to be an Approved Continuing Education Provider (ACEP). Upon participants meeting the required amount of training minutes and completing the end-of-training evaluation, participants will receive a CE certificate. For those whose credentials are outside of the LABSWE and NBCC; CE certificates may be submitted to the appropriate licensing board for approval.

D. TRAINING COMMITMENT EXPECTATIONS AND FORM

Dedication and commitment to this training is the utmost importance to participating in this training opportunity. *These trainings would be a significant financial investment for practitioners if they were to participate on their own.* If an agency/practitioner is chosen for this opportunity, it is of no cost to them. With that in mind, **for each entity that is chosen for this training opportunity, we emphasize the importance of completing all the training components as intended.** Should an entity drop out of this opportunity, it can impact their selection in a future training opportunity offered through E2P.

All chosen applicants are required to commit to participating in the training in its entirety. Upon selection, all applicants will be required to complete a **TRAINING COMMITMENT** between the applicant and E2P. ***As this is a free, state-funded training, all participants must demonstrate their commitment to participate in ALL training days and to actively use the training approach with clients.***

E. TRAINING COSTS

There will be no cost to agencies for the course itself; however, agencies must financially commit to the time and effort required to complete the training and the delivery of the EBP. That means that agencies and clinicians must allot themselves time within their schedule to fully participate in this training opportunity, including any expectations outside of the explicit training days (e.g. reading materials, completing web-based training, changing operations to accommodate delivery of the EBP). ***Thusly, agencies and clinicians must set aside the allotted time for each of the required training days and times to fully participate in this training opportunity.*** For in person trainings, the provider is responsible to cover the cost of travel and travel time. Training manuals will be provided by the Center for E2P.

2. SCOPE OF WORK

A. INFORMATION ABOUT EMDR

Eye Movement Desensitization and Reprocessing (EMDR) Therapy is an evidence-based psychotherapy that treats trauma-related symptoms. EMDR therapy is designed to resolve unprocessed traumatic memories in the brain. The therapist guides the client to process the trauma by attending to emotionally disturbing material in brief, sequential doses, while at the same time focusing on an external stimulus. The most commonly used external stimulus in EMDR therapy is alternating eye movements; however, sounds or taps may be used as well.

B. TRAINING POPULATION

Children, adolescents and adults. EMDR therapy may be used with children as young as two years of age, through adolescence and adulthood. Scientific research has established EMDR therapy as clearly effective for post-traumatic stress and trauma-related symptoms. Trauma may result from a single event, multiple events or a series of events chronic in nature. Clinicians have also reported success using EMDR therapy in the treatment of the following conditions:

- Anxiety, panic attacks, and phobias
- Chronic Illness and medical issues
- Depression and bipolar disorders
- Dissociative disorders
- Eating disorders
- Grief and loss
- Pain
- Performance anxiety
- Personality disorders
- Sleep disturbance
- Substance abuse and addiction

C. PHILOSOPHY & TRAINING APPROACH

Using standardized procedures, EMDR therapy helps the client access stored memories, activate the brain's information system and, through reprocessing, helps move the disturbing information to an adaptive resolution. The model on which EMDR therapy is based, Adaptive Information Processing (AIP), posits that much of psychopathology is due to the maladaptive encoding of and/or incomplete processing of traumatic or disturbing adverse life experiences. This impairs the client's ability to integrate these experiences adaptively. The eight-phase, three-pronged process of EMDR therapy facilitates the resumption of normal information processing and

integration. This treatment approach, which targets experience, current triggers, and future potential challenges, results in the alleviation of presenting symptoms, a decrease or elimination of distress from the disturbing memory, improved view of the self, relief from bodily disturbance, and resolution of present and future anticipated triggers.

D. EMDR GOALS

The overall goal of EMDR therapy is to fully process pathogenic memories and experiences and sort out the emotions attached to those experiences. After effective EMDR therapy, the client is expected to experience:

- Relief from distress and physiological arousal, and
- Replacement of negative thoughts and feelings that are no longer useful, with positive thoughts and feelings that will encourage healthier behavior and social interactions.

[Learn more about EMDR at the EMDR International Association \(EMDRIA\)'s website.](#)

E. LEARNING COLLABORATIVE APPROACH

The objective of this Introductory Course in EMDR Basic Training is to support the adoption and implementation of EMDR by behavioral health organizations in Louisiana that serve trauma-exposed children and families. Over approximately one year, clinicians and supervisors will learn the EMDR model and how to implement systems and infrastructure for the long-term sustainability of EMDR.

Upon acceptance into the EMDR cohort, there is an **MANDATORY Orientation Meeting** scheduled on **Tuesday, June 18th, 2024, from 12:00PM-1:00PM CST**. It is necessary to attend this meeting to fully understand the scope and commitment of the EMDR online course.

All selected practitioners will participate in a two-part EMDR course which will be implemented online over Zoom. **This course consists of 40 hours of the online course as well as 10 additional hours in group consultation to support the development of the therapist's understanding of EMDR therapy and their ability to use it.** All practitioners must have access to computers with webcams and a stable internet connection to participate in the course.

The goal of this training and implementation program is for participating Medicaid agencies to successfully implement EMDR into their agency and community. Providers should be able to demonstrate the capacity to identify and engage appropriate children and families for EMDR, deliver the model to fidelity, and sustain the model long-term.

Once the course is complete, clinicians will be highly recommended to continue pursuing national certification with EMDRIA.

F. CONSULTATION CALLS

Following each online training portion, practitioners will be expected to participate in **ten (10) hours of consultation calls** for up to a year after training begins. Participation in consultation calls are mandatory in order to become EMDR Basic-Trained. Additionally, following clinicians achieving EMDR Basic-Trained status, there is an option that is offered through the Center to receive a free introduction to certification calls with the EMDR trainer, Carol Miles. Details about that opportunity will be discussed with the accepted cohort accordingly.

G. EMDR APPLICATION TIMELINE

<u>Event</u>	<u>Timeline</u>
RFA APPLICATION PERIOD	May 6-28, 2024
INTRODUCTION TO EMDR COURSE	EMDR Course accessible on E2P Platform
EMDR NOTICE OF APPLICATION STATUS	June 4, 2024
EMDR TRAINING COMMITMENT DUE	June 12, 2024
MANDATORY ORIENTATION MEETING	June 18, 2024, from 12:00pm-1:00pm
EMDR PART 1 TRAINING	July 17-19, 2024, from 9:00am-5:30pm
CE EVALUATION DUE FOR PART 1 TRAINING	July 26, 2024
EMDR PART 2 TRAINING	September 18-20, 2024, from 9:00am-5:30pm
CE EVALUATION DUE FOR PART 2 TRAINING	September 27, 2024
CONSULTATION CALL COMMITMENT	Ten (10) hours

H. SUSTAINING EBP PRACTICE & ACHIEVING EBP QUALIFICATION

Following the completion of training and consultation, providers will be expected to independently sustain this EBP, including facilitating ongoing referrals and engagement, maintaining caseload, and engaging in ongoing supervision and learning opportunities. Participants can review the [EBP Qualifications & Billing Guide](#) for further guidance.

3. APPLICATION AND SELECTION PROCESS

A. ELIGIBILITY REQUIREMENTS

Selection will be based upon, providing behavioral health services to Medicaid-insured families, organizational readiness for this EBP implementation, and relevance of this EBP to the population

served by the applicant organization. ***Preference will be given to agencies with multiple practitioners applying to be trained and demonstrated organizational leadership support for the EBP, in recognition of the training process EMDR entails and the necessity of inter-practitioner support.*** Organizations must also demonstrate an understanding of the necessary changes to practitioner caseload in order for a trainee to include EMDR in their schedule.

Training Acceptance Criteria: *Qualified behavioral health agencies and practitioners will be those who serve Medicaid-insured individuals and/or provide clinical therapy services to children and their caregivers in Louisiana free of charge; are licensed (or actively working towards licensure); and are actively (currently) treating children and their caregivers.*

Additionally, only COMPLETE applications will be considered, that includes the individual Trainee application and signed Agency Agreement.

B. APPLICATION REVIEW PROCESS

Upon receiving all the training applicants, an initial review of the applicants that meet the threshold requirements outlined in the **Eligibility Requirements** section will be executed. Following that initial review, the E2P staff will meet with the trainers and review the applicants based on their individual trainee application and agency agreement responses.

C. INTRODUCTION TO EMDR ONLINE COURSE

In 2020, the Center for Evidence to Practice created an Introduction to EMDR Online Course. It was facilitated by Carol Miles, LCSW. Participating in this course is highly encouraged prior to submitting your EMDR application materials, as it will be helpful in identifying if EMDR is the right fit for your agency, understanding the training requirements, and more.

You can access the EMDR Informational Webinar through our [E2P Learn platform](#) accessible through our website where you can view our Evidence-Based Practice Training courses. You simply need to create an E2P Learn account and enroll in the [Introduction to Eye Movement Desensitization and Reprocessing \(EMDR\)](#). ***It is free to enroll and you are eligible to receive CE credit hours after completing the course.*** By [CLICKING HERE](#), you can register onto the platform to enroll and complete the course. We hope this course is helpful to you.



D. APPLICATION MATERIALS

Eye Movement Desensitization and Reprocessing (EMDR) training is scheduled to begin in Fall 2023 with EMDR trainer and Consultant, Carol Miles, LCSW. **This EMDR Learning Collaborative is limited to fifty (50) clinicians.**

The **TRAINEE APPLICATION** is to be completed by each applicant and can be accessed by filling out the **online application (through Microsoft Forms)** by **CLICKING HERE.**

2.) The **AGENCY AGREEMENT** is to be completed through **Adobe PDF (a fillable PDF)** by an official at the agency requesting participation in the EMDR training and signed by the Administrator and Supervisor. *Even if an applicant is a sole practitioner, they must submit an agency agreement on behalf of themselves.* You can access the **AGENCY AGREEMENT** by **CLICKING HERE.**

The agency agreement **MUST BE EMAILED TO EvidenceToPractice@lsuhsc.edu** by **TUESDAY, MAY 28TH, 2024.**

BOTH FORMS MUST BE SUBMITTED TO BE CONSIDERED FOR THIS TRAINING OPPORTUNITY

E. APPLICATION CHECKLIST

- ☐ Please review the **Request for Applications (RFA) for Eye Movement Desensitization and Reprocessing (EMDR)** to be aware of training requirements and expectations.
- ☐ **(HIGHLY RECOMMENDED) WATCH RECORDING OF THE INTRODUCTION TO EMDR COURSE** so applicants are aware of the training expectations and time commitment. Accessible on our E2P Learn Platform: <https://learn.laevidencetopractice.com/courses/introduction-to-emdr/>
- ☐ **SAVE THE DATES:**
 - **EMDR TRAINING COMMITMENT DUE:** June 12, 2024
 - **MANDATORY ORIENTATION MEETING:** June 18, 2024, from 12pm-1pm
 - **EMDR PART 1 TRAINING:** July 17-19, 2024, from 9:00am-5:30pm
 - **EMDR PART 2 TRAINING:** September 18-20, 2024, from 9:00am-5:30pm
 - **EMDR CONSULTATION CALLS:** Ten (10) hours of consultation calls
- ☐ Submit a **TRAINEE APPLICATION** on behalf of yourself as an applicant. Acceptance into the program will be evaluated on an individual basis based on a fully completed trainee application.

- ☐ Submit an **AGENCY AGREEMENT** on behalf of your agency. You can access the Agency Agreement by clicking this link: https://laevidencetopractice.com/wp-content/uploads/2024/05/EMDR_Agency-Agreement_05.06.24_FILLABLE.pdf

F. NOTIFICATION OF APPLICATION STATUS

Applicants will be notified via email by **Tuesday, June 4, 2024**, regarding their status in the training.

G. NON-DISCRIMINATORY POLICY

The Center for Evidence to Practice appreciates diversity and does not discriminate based on race, ethnicity, age, sexual orientation, or gender identity.

*Thank you for your commitment to serving Louisiana's children and families.
We look forward to reading your application!*