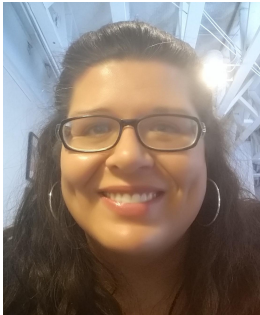


Lori C. Kucharski, PhD, LMFT, LPC, CEDS-S
AAMFT-Approved Supervisor, Certified Eating Disorders Specialist/Supervisor
Certified EMDR Therapist, Approved Consultant, & Training/Credit Provider
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EMDR Basic Training Disclosure Statement & Payment Contract

Thank you for considering me in the completion of your EMDR Basic Training. I am passionate about EMDR and look forward to the honor of assisting you in learning and using EMDR effectively as part of your clinical practice. Below is information about myself as a clinician, EMDR therapist, and consultant.

Biographical Information



Trainer Lori Kucharski has been a therapist since 2004 in residential treatment facilities, crisis and outpatient mental health, and private practice. She owns and operates a training, consulting, and clinical program and is the EMDR regional network coordinator for Colorado Springs, CO. She taught MFT and Counseling courses in graduate programs from 2013-2019 and trains at local, state, national, and occasionally international levels in attachment, dissociation/DID, disordered eating, “parts” work (e.g., IFS and ego-state therapy), and other features of complex trauma. Foundational to her clinical work and teaching, Lori advocates for ending social and cultural stigma and discrimination around body size, ability, gender, and appearance. Her clinical practice uses EMDR 100% of the time with all clients in at least one phase of EMDR Therapy, in collaboration of other theoretical models.



Cofacilitator David Archer, MSW, MFT is an anti-racist psychotherapist from Montreal, Canada (Tiohtià:ke). He works full time in private practice and provides consulting services for organizations and other therapists. In addition to being trained as a clinical social worker, he is also a registered couple and family therapist. His philosophies are informed by mindfulness, intersectional feminism, and critical race theory. He provides mental health services practice using EMDR, Brainspotting, EFT, and other mind-body strategies which utilize memory reconsolidation and working memory taxation methods. Areas of interest relate to working with individuals who have suffered from PTSD, racial trauma, minority stress, addictions, relational conflict, and eating disorders. Mr. Archer is an ally of LGBTQ, Black, Indigenous, and oppressed people of color around the world. He is also the recent author of a book called *Anti-Racist Psychotherapy: Confronting Systemic Racism and Healing Racial Trauma*.

Nature of Training & Consultation

I realize that EMDR is probably new for you, and you may need consistent support and guidance as you begin this training and practice. I am passionate about helping trainees find their individuality and skill-set with EMDR Therapy. The moment when EMDR “clicks,” and you experience its effectiveness, is very exciting, and I can’t wait to experience this with you.

Consultation (which will occur in Days 4-7 of the Basic Training) focuses on the implementation of the 8 stages of EMDR. Line #469 in the Basic Training Curriculum requirement document states: “Consultation is about real cases and not experiences that occur in practicum.” Basic training consultation hours need to be about real client sessions. Those interested in registering must have a current and active client caseload. This training is designed to help participants integrate the use of EMDR into their clinical

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practice. **If you do not have real cases to staff in consultation, your consultation hours will need to be completed, at an additional expense, at a later date prior to completing Basic Training.**

Confidentiality

The issues you discuss in training and consultation will be confidential with the following exceptions:

- 1) Your performance and conduct in training and/or consultation will be described if/when I submit reports and verification forms to EMDRIA.
- 2) If I am asked to provide information about your clinical experience in the form of a recommendation for employment, licensure, or certification.
- 3) Disclosures made in group trainings and consultation cannot be absolutely guaranteed as confidential, although I will take every measure to encourage confidentiality and act appropriately if confidentiality is not upheld.
- 4) If your conduct or performance warrants a grievance, report, and/or complaint filed with DORA or related regulatory agencies, EMDRIA, law enforcement, DHS, your school, and/or your place of employment.

Eligibility Requirements for EMDR Training

Depending on your status (student, pre-licensed therapist, or licensed therapist), EMDRIA has specific rules about candidacy for completing a Basic Training.

- **Licensed Mental Health Professionals**

Qualifying Medical Doctors must have a medical specialty in Psychiatry and must also be licensed to practice in their state or province. Qualifying Nurses must have a Master of Science in Nursing (or higher) with a specialization in psychiatric nursing and must also be licensed to practice in their state or province.

Qualifying Mental Health Clinicians must have a Master's or Doctoral degree in the mental health field (Counseling, Marriage Family Therapy, Psychology, Psychotherapy, Psychiatry, Social Work) or related mental health discipline considered appropriate by EMDRIA and must also be licensed to practice in their state or province (or eligible for licensure and registered as a pre-licensed therapist). Mental Health Clinicians who have a Master's degree in one of the following fields may be asked to submit their graduate transcript to EMDRIA to determine their eligibility: Art Therapy, Christian/Pastoral Counseling, Drug/Alcohol Counseling, and Music Therapy. These clinicians will also need to submit a copy of their license to practice in their state or province in order to determine their eligibility.

- **Interns & Students (Including pre-licensed individuals)**

Qualifying graduate students must be enrolled in a Master's or Doctoral program in the mental health field (Counseling, Marriage Family Therapy, Psychology, Psychotherapy, Psychiatry, Psychiatric Nursing, Social Work) or related mental health discipline considered appropriate by EMDRIA. Students must have completed their core graduate academic coursework and must be in the practicum/internship portion of their graduate program. First year graduate students are not eligible. Graduate students must be on a licensing track and working under the supervision of a fully-licensed mental health clinician. Graduate students who are enrolled in a Master's program in one of the

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following fields must submit their graduate course transcript to EMDRIA to determine their eligibility: Art Therapy, Christian/Pastoral Counseling, Drug/Alcohol Counseling, and Music Therapy. Students who would like to take an EMDR Training will need to submit the following documentation to determine eligibility for registering for an EMDRIA Approved EMDR Training: graduate transcript, practicum or internship hours, curriculum vita, and a letter from their current supervisor which includes the supervisor's degree information, licensure information and license number.

Alternatively, this trainer will obtain a Release of Information which will allow the clinical supervisor and this trainer to communicate about eligibility. Once an attendee registers, this trainer will connect with the attendee's clinical supervisor, notify them of the training and open ROI, and ensure they have no clinical concerns with the attendee taking the training. This is an intense training and practicum, and it's helpful for clinical supervisors to know this so as to best support their attendees. The clinical supervisor will also be supervising EMDR sessions with clients, and pre-licensed attendees are working directly under their license, and some clinical supervisors are not trained in EMDR and do not want to accept that liability. Lastly, if an attendee is demonstrating an inability to use EMDR effectively with clients, special precautions need to be taken, with the consideration of the clinical supervisor, as well. This rarely happens, but it is better for attendees to have this information up front.

EMDRIA reserves the right to refuse those individuals who do not meet the required guidelines for consideration.

Fees and Information Regarding Basic Training

EMDRIA's standards indicate that Basic Training, once started, must be fully completed within two years (24 months from the first day of training). Your Basic Training Fee covers 20 hours of instruction and teaching, 20 hours of supervised practicum, and 10 hours of group consultation provided by Lori Kucharski, PhD, LMFT, LPC and (occasionally) a consultant-in-training (CT) or co-facilitator (CF). All 50 hours MUST be completed in order to successfully pass Basic Training. (Please note: While this is not common, trainees who are not able to demonstrate effective, appropriate, and safe application of EMDR therapy by the end of the 10 hours of consultation may be required to complete additional hours, at the trainee's expense, until appropriate application of EMDR Therapy is observed by the consultant).

Your Basic Training Fee must be paid prior to the start of Basic Training, and only full payment will reserve your spot. **If paying by check, your check MUST clear to hold your spot prior to the start of training.** This means that if you register with less than 72 hours prior to the start of the training, it will be necessary to pay by credit card to hold your spot. In the event of a check bouncing or related problems, you will be responsible for all associated fees.

In the event that you are not able to complete the entire Basic Training, you *may* be admitted to the next round of Basic Training. At least 2 Basic Trainings, minimum, will be offered per calendar year unless circumstances prevent such. There will be no refunds once your Basic Training date starts, no exceptions, including no refund for seeking consultation with another Trainer. **This trainer will not be financially responsible for your completion of this or any Basic Training should you not be able to complete the training. Please do not register for the training unless you are able to complete this training.**

In the event that you must cancel your registration prior to the start of the Basic Training, refunds will be offered in the following format. Notice is due by midnight, MST, on or before the date stated below. This

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is very important. Your reservation is assurance that you will receive a manual, and it holds your spot in the training. Your refund, if applicable, will be returned to you within 30 days of a written cancellation notice.

- 30 days' notice: full refund
- 14-29 days' notice: ½ refund
- 7-13 days' notice: ¼ refund
- 0-6 day's notice: No refund.

You will be responsible for purchasing the required reading. This text must be read prior to starting Basic Training. Please bring them with you, as we will refer to them in training.

- **(Required)** Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing (EMDR Therapy): Basic principles, protocols and procedures*. (3rd ed.). New York, NY: Guilford.
- **(Recommended)** Leeds, A. M. (2016). *A guide to the standard EMDR Therapy protocols for clinicians, supervisors, and consultants*. (2nd ed). New York, NY: Springer.

In the event I am unavailable for an extended period of time (out of the country, etc.), a substitute consultant's or consultant-in-training's information will be provided to you for staffing EMDR-related issues between Basic Training days. This consultant/trainee will be responsible for reporting to me all pertinent information.

Cancellation or Date Change Policy

Attendance is very important. Missed/cancelled training days must be made up prior to completing Basic Training. In some situations, this trainer may allow an attendee to complete individual consultation to make up for missed consultation hours at the trainer's current fee per hour for consultation. Permission for this must be granted as soon as possible. Please do not assume this will be available, as it would possibly deter an attendee from completing Basic Training. If an attendee must miss training days, they cannot move forward until they complete what you missed. For example, if they miss Day 5, they cannot attend Day 6 and will need to make up Days 5 first. A fee of \$150.00 will be charged, no exceptions, for every date change. For example, an attendee who cannot come to Day 4 will need to finish Days 4-6+ at a later date, and that would result in a \$150.00 service fee. If they agree to attend the following training, and then again change any date during that training, that will again result in a \$150.00 service fee.

Regarding inclement weather, it is this trainer's policy that attendance as scheduled is non-negotiable (for weather or otherwise), as it is important for attendees to complete the training in cohort for multiple reasons. In training, every attendee will choose a practicum partner, and it is not helpful to the partner if an attendee cannot finish. Moving out of cohort also means an attendee may forget a lot of information about EMDR protocol in between trainings, which significantly increases the opportunity for ineffective or even harmful EMDR to be done with a client. Lastly, to slide into the next cohort's training, often 3-6 months later, means that someone who wanted to take that upcoming training now cannot, as EMDRIA limits the number of participants per training. As such, this trainer does charge a fee to transfer out of the cohort, even in the event of emergencies, and asks that **attendees be committed to finishing in cohort prior to reserving a spot in a Basic Training**. The trainer will comply with all local, state, or federal mandates. The participant agrees to not hold Lori Kucharski or EMDR Center of the Pikes Peak Region,

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PLLC liable or responsible as long as actions are taken within accordance to local, state, or federal **mandates. In the event that bad weather is expected, please be mindful of weather reports and take precautions to arrive earlier than the training date or leave later than the training date, if needed. Safety is of the utmost priority.**

Regarding illness (including pandemic situations): If a participant becomes ill, it is important that the participant follows the cancellation/date change policies outlined in this document and joins a new cohort. While this does result in the transfer fee, this policy is important for the health of all other participants in a face-to-face setting. In a virtual setting, it is up to the attendee's discretion.

In cases where there is a local, state, or national pandemic (e.g., as happened with COVID-19), the trainer will comply with all local, state, or federal **mandates** at no additional cost to the participant. The participant agrees to not hold Lori Kucharski or EMDR Center of the Pikes Peak Region, PLLC liable or responsible as long as actions are taken within accordance to local, state, or federal mandates.

Regarding joining a new cohort after starting a training, EMDRIA gives attendees 12 months virtually and 24 months face-to-face to complete EMDR Basic Training from the date an attendee starts. If your training is virtual, it must be completed within 1 year, and if it is in-person, it must be completed within 2 years. If an attendee goes out of cohort, there is no guarantee on this trainer's part that the upcoming training dates in that period will suit the attendee's schedule, and this trainer also makes no guarantees there will be enough interest to have more trainings. This trainer does currently run them 2-3x a year but cannot guarantee that will always happen. For all of these reasons, attendees should be committed to finishing in-cohort before registering.

Trainees' Responsibilities

Trainees are expected to prepare for and attend all training days, on time, as scheduled. **Arriving late or leaving early is not allowed, no exceptions. EMDRIA standards maintain a 50-hour policy for Basic Training.**

Trainees are expected to keep trainer, CF, and consultant/CIT informed regarding all EMDR client issues and progress in order for trainer, CF, and consultant/CIT to properly evaluate the application of the EMDR Phases.

Trainees are responsible for maintaining liability insurance at a minimum of 1 million/3 million. The trainee and his/her clinical supervisor assumes all liability and risk. The trainer, CF, and consultant/CIT are not providing supervision, and trainees are not working under trainer's, CF's or consultant's/CIT's licenses.

You are **required** to report immediately if a complaint or grievance has been filed against you, as this could impact your ability to participate in the practicum experience. Trainee agrees to comply with the Code of Ethics adopted by their national organization and all state licensing rules, statutes, and recommendations as well as federal law (HIPAA, etc.). In compliance with state statutes and ethical provisions, the duty of the trainer, CF, CIT, and consultant will be to guide, but not supervise, the EMDR therapy process and to assist the trainee in complying with all legal and ethical standards. Trainees must also provide the consultant with a copy of their driver's license and mental health licenses upon scheduling a Basic Training.

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Auditing

Individuals who completed an EMDRIA-Approved, EMDR Institute, or EMDR HAP Basic Training under this trainer or another trainer are welcome to audit this Basic Training for half the price of the training. To audit the training, please provide a copy of your Certificate of Completion to the trainer prior to attending. Auditors are welcome to attend any or all parts of the instruction, but **full attendance of all 20 instructional hours is required in order to receive a Certificate of Auditing**. Attendees may attend any or all parts of the training's consultation at no charge. Attendees may attend the practicum portion if there is space available (EMDRIA regulates how many may attend a practicum section to 10 participants per consultant/trainer). **If an auditor does participate in the practicum portion, they are expected to complete all 20 hours of practicum to ensure that their practicum partner does not experience disruption of their practicum experience.**

Anti-Discrimination Clause

Lori Kucharski, PhD, LMFT, LPC and EMDR Center of the Pikes Peak Region, LLC are committed to maintaining a therapeutic clinical, training, and consultant practice which recognizes and values the inherent worth and dignity of every person; fosters tolerance, sensitivity, understanding, and mutual respect among its members; develops and nurture inclusive practices; and encourages each individual to strive to reach his or her own potential. I believe that equity, inclusion, and diversity strengthens therapy and supervision, stimulates creativity, promotes the exchange of ideas, and enriches life. I view, evaluate, and treat all persons in any therapeutic, training, or consultant activity or circumstance in which they may be involved, solely as individuals on the basis of their own personal abilities, qualifications, and other relevant characteristics. I prohibit discrimination against any individual on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, disability, body size/appearance/health status, or status as a veteran. I will conduct my programs, services and activities consistent with applicable federal, state and local laws, regulations and orders and in conformance with the procedures and limitations as set forth.

Equal Access

The Americans with Disabilities Act (ADA) prohibits discrimination and ensures equal opportunity for persons with disabilities. Trainers are responsible for ensuring that facilities and reasonable accommodations are accessible to those with disabilities. Please notify this trainer if you require assistance. Closed captioning is available in Google Meet, the primary training platform used by Lori Kucharski.

Emergency Contact

In case of emergency, you can reach me by phone (719) 360-2440. You may also reach me by email at lorikucharski@emdrcenterofthepikespeakregion.com. While I encrypt any sensitive information, if you do not have the ability to do so, please do not put identifying client information or anything that constitutes a HIPAA breach into your emails (and make sure you delete such from email chains if you are responding to one of my emails outside of my HIPAA-compliant system). I am generally available between the hours of 8 am to 8 pm. If you will be expecting to need to talk to me outside of these hours, please make arrangements prior to the event if possible.

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Waiver

EMDR training, by nature, addresses trauma. At times, a participant in any part of the training may experience an emotional reaction to the material that can range from mild to severe. It is important that participants consider this prior to registering for the training. **Undergoing one's own EMDR therapy can be beneficial prior to starting the training process.** This trainer holds no responsibility or liability for any emotional abreaction that occurs as a result of any part of your training experience.

Professionalism

Participants are expected to maintain professional behavior at all times during the training experience. Please maintain timely practices during all training sessions. Please be aware that use of your cell phone (e.g., social media; texting) deters from the training environment and often means that the participant does not progress in the training at the same rate as other cohort participants. All participants are expected to maintain a respectful, inclusive, non-discriminatory practice during the training sessions. A lack of professionalism will be addressed privately at first, but, if needed, appropriate parties may be brought into the conversation (e.g., clinical supervisor(s) if non-licensed). While uncommon, if the participant is not able to demonstrate professionalism in the training environment, it may be necessary that the participant does not complete the training as scheduled but remediates in the meantime and joins a new cohort at a later date. All associated fees will be the responsibility of the participant (see Cancellation/Change Policies).

Complaints

I abide by the EMDRIA, NBCC, ACA, and AAMFT Code of Ethics and the DORA Statutes and Rules, as well as the CCE's and AAMFT's Standards for the Ethical Practice of Clinical Supervision. I also uphold any Codes of Ethics for any organization of which I am an active member. Although trainees are encouraged to discuss any concerns with me first, you may file a complaint against me with any of these organizations should you feel I am in violation of any of these Codes of Ethics.

Acceptance of Terms: I agree to these terms and will follow these guidelines.

Trainee: _____ Date: _____