

GOALS OF PACKET & INTRODUCTION

EMDR is revising and updating the Consultation Packet and we want your feedback. This packet is geared towards those who are trained in EMDR and already have the foundational skills and knowledge and are interested in furthering their proficiency and understanding of how to use EMDR with clients. These revisions are the first step of a much longer process, and this packet is meant to serve as a foundation so that more information can be built into these materials over time. Our goals with this packet are to begin to define our terminology, to clarify the responsibilities and duties of those in a consultant role, and to provide better structure and guidance to both consultees and consultants. We also want to create more consistent consultation processes for EMDRIA Certification, Consultants in Training, and Approved Consultants.

Your feedback will be an important part of this process. An engagement strategy has been built into the timeline and consultants will have an opportunity to use this packet and offer feedback. **We'd like consultants to review the contents, begin using the packet over the next 90 days and [provide feedback online](#) by August 15, 2019.** The feedback will be reviewed, and we will inform consultants about the feedback we received in mid-September 2019. Our intention is to roll out the revised and finalized consultation packet by mid-October 2019.

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Background

In 1999, EMDRIA established the criteria for Certification and Approved Consultant credentials. During the inception, there was a grandparenting process for EMDR trained clinicians who met certain criteria. Around this same time a consultation packet was created and made available as a resource to those applying for EMDRIA Certification and Approved Consultant credentials. We are now in the process of revising this packet and are including new details about the expectations we have of both applicants and consultants who are charged with reviewing and evaluating consultees through this part of the process.

Consultation is considered an integral part of the learning process and is included at every level of credentialing through EMDRIA. For those interested in pursuing an EMDRIA credential, these are the necessary steps to take:

1. Complete an EMDRIA approved EMDR Basic Training
2. The EMDR trained clinician begins working towards EMDRIA Certification
3. The EMDRIA Certified Therapist completes the Consultant in Training (CIT) declaration process
4. The CIT begins working towards the EMDRIA Approved Consultant credential

1. Complete an EMDRIA approved EMDR Basic Training

The initial EMDR basic training is necessary for clinicians to gain an understanding of the eight phases and begin to implement EMDR into their practice. The EMDRIA approved EMDR basic training curriculum requirements include a minimum of 20 hours of lecture, 20 hours of small group practice, and 10 hours of consultation. This training is considered the fundamental building block needed to begin to understand how to use EMDR appropriately with clients. The training teaches clinicians in a step by step manner about the AIP model, each of the eight phases of EMDR therapy, and the three-pronged approach. It also helps clinicians understand why each phase is important, and how it is used in practice. The training allows clinicians to gain an understanding of and basic proficiency in EMDR therapy.

2. The EMDR trained clinician begins working towards EMDRIA Certification

The purpose of EMDRIA Certification is enhanced credibility in the field of EMDR. It is a way for those who have completed the EMDR training to set themselves apart and go to the next level. The core requirement of the certification application process is 20 hours of consultation on the clinician's use of EMDR with clients. The purpose of consultation is so the clinician can achieve better mastery of their EMDR skills in practice. The certification criteria include maintaining a state issued mental health license that allows the clinician to engage in independent private practice, a minimum of

two years of experience in that field of license, EMDR training completion, minimum of 50 EMDR sessions with at least 25 clients, 20 hours of consultation with an Approved Consultant, letters of recommendation, 12 EMDRIA Credits, and adherence to EMDRIA Policies.

3. The EMDRIA Certified Therapist completes the Consultant in Training (CIT) declaration process

The purpose of the declaration process is for the Consultant in Training (CIT) to inform EMDRIA about their intention to pursue the Approved Consultant credential. The declaration process includes specific terms & agreements for the CIT. EMDRIA Certified Therapists who complete the CIT declaration process have agreed to maintain their certification credential, provide EMDRIA with the names of the Approved Consultants they will be working with as a CIT, complete the application criteria and become an Approved Consultant within 5 years of declaring their CIT status, and adhere to EMDRIA policies.

4. The CIT begins working towards the EMDRIA Approved Consultant credential

The Approved Consultant credential is for experienced clinicians who are interesting in teaching, leading, and mentoring in the field of EMDR. Approved Consultants provide guidance and consultation hours to those who are working towards certification and also to Consultants in Training who are actively pursuing the Approved Consultant credential. The core requirement of the Approved Consultant application process is for the CIT to receive 20 hours of consultation on the consultation that they are providing to other EMDR trained clinicians. This is otherwise known as consultation-of-consultation. The Approved Consultant criteria include completing the CIT declaration process, maintaining a state issued mental health license that allows the clinician to engage in independent private practice, having at least three years of experience since completing the EMDR basic training, minimum of 300 EMDR sessions with at least 75 clients, 20 hours of consultation of consultation with an Approved Consultant, letters of recommendation, 12 EMDRIA Credits and adherence to EMDRIA Policies.

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