

5 WAYS TO GET THE MOST OUT OF CERTIFICATION CONSULTATION

1 KNOW THE CERTIFICATION CRITERIA

Get familiar with the certification application process! Familiarize yourself with the number of hours you need in both group and individual consultation. Find out how many of these need to come from a consultant or a CIT. Know what you are responsible for and what you'll need from your consultant.

2 FIND A CONSULTANT

Consider your options here. Search for EMDR Consultants and Consultants in Training on our website. Decide what is most important to you: Proximity to the consultant? Familiarity with a certain specialty area? Other considerations?

3 INTERVIEW POTENTIAL CONSULTANTS

Set yourself up for a good working relationship. Before entering a contractual agreement, get a feel for the consultant by calling or interviewing them first. Ask yourself 'Would I work well with this consultant?'

4 ENTER A CONTRACTUAL AGREEMENT

Clarify what each party will receive from the consultation relationship. Put this in writing. An important step in this process is understanding what you are agreeing to in the consultation relationship. What will you receive out of the relationship? What is expected of you? Does it fulfill what you need for your certification application?

5 COMMUNICATE THROUGHOUT THE PROCESS

Transparency fosters trust. Be sure to communicate concerns and expectations throughout your relationship. Sincere and honest communication sets you up for success.