

5 WAYS TO GET THE MOST OUT OF CIT CONSULTATION

1 KNOW THE EMDR CONSULTANT CRITERIA

Get familiar with the EMDR Consultant application process! Familiarize yourself with what consultation-of-consultation is. Know what you are responsible for and what you'll need from your consultant.

2 COMPLETE THE CIT DECLARATION

Declare your Consultant-in-Training status. This lets EMDRIA know you intend to become an EMDR Consultant and educates you on the terms and conditions of the CIT process. In addition, you will be included on our CIT search so that consultees seeking consultation for EMDRIA Certification can find you.

3 INTERVIEW EMDR CONSULTANTS

Set yourself up for a good working relationship. Before entering a contractual agreement for consultation-of-consultation services, get a feel for the consultant by calling or interviewing them first. Ask yourself 'Will I feel comfortable working with this person?'

4 ENTER A CONTRACTUAL AGREEMENT

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