

# WELCOME TO

## CONSULTANT DAY



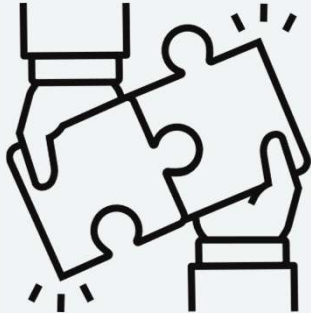
# August 24, 2023



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## CONSULTATION PROCESS

- A collaborative relationship between mental health clinicians that aims to help consultees learn and solidify their knowledge, skills, and decision-making process regarding EMDR therapy.
- Can be developed, sustained, and enhanced through education, practice, thoughtful study, and training (Falender & Shafranke, 2020).



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## ADJUSTMENT NEEDED

- During consultation and treatment:
  - Conditions change
  - Kites change
- In the same way that consultants adjust to their consultees learning needs and environments, EMDRIA adjusts to the conditions and needs of the membership.



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## CONSULTANT SURVEY

- EMDRIA collected survey data from consultants and today we are providing highlights
- This is one of many ways to increase our responsiveness to you



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## KITE FLYING

- EMDRIA is also learning how to help you as a consultant.
- Kite flying is going on in many different levels.
- After today, we will continue to ask questions and collect data to adjust our resources to meet current needs and conditions



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We ask therapists applying for Certification their reasons to become Certified



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## REASONS TO BECOME CERTIFIED



I wanted to enhance my skills in EMDR	28%
I believe having this certification will increase my credibility/increase cliental	25%
I'm working towards becoming an EMDR Consultant and/or EMDR Basic Trainer	20%
I believe having this certification will help me stand out among my peers	18%
Other	8%

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## REASONS TO BECOME CERTIFIED



"I want to learn all I can about EMDR and also be connected with others who practice it so that we can learn from and support each other."

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## REASONS TO BECOME CERTIFIED

"I have a high standard for myself in the care that I provide for clients. I believe Certification is a statement that I take my work seriously. My continued education and development in the many facets of EMDR is my ongoing goal for myself. Excellence."

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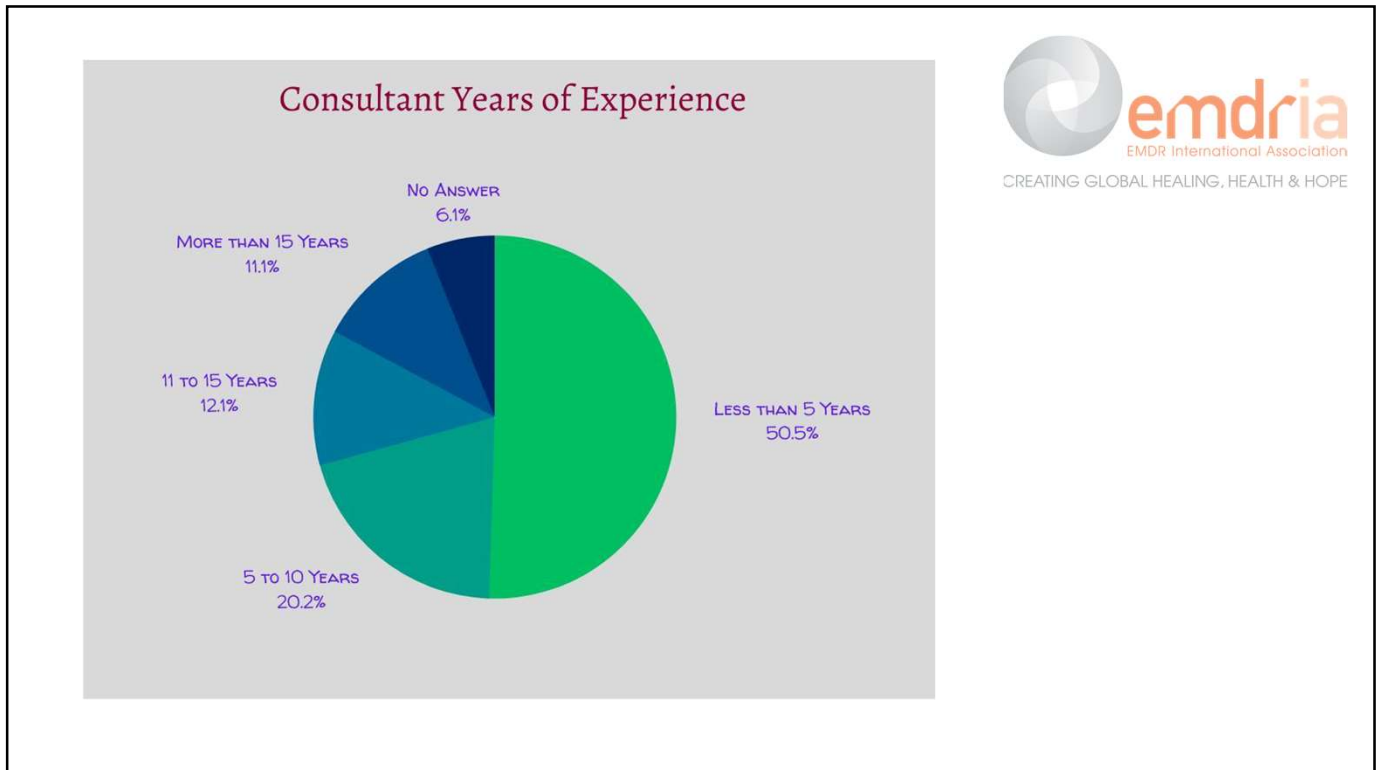


## CONSULTANT SURVEY

Total: 174 Responses  
December 2022 to January 2023



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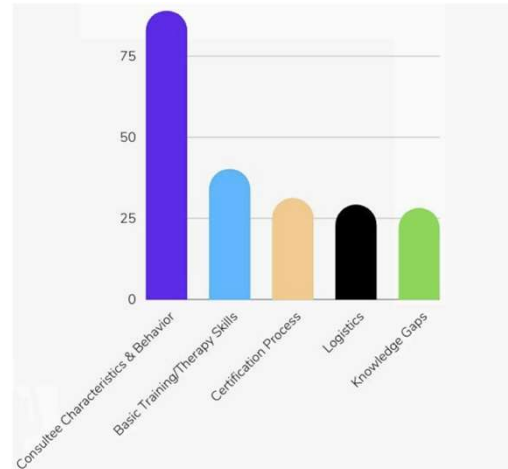


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## DILEMMAS AND CHALLENGES



- Consultees  
Behaviors/attitudes
- Basic Training/Therapy skills
- Certification Process
- Logistics
- Knowledge Gaps

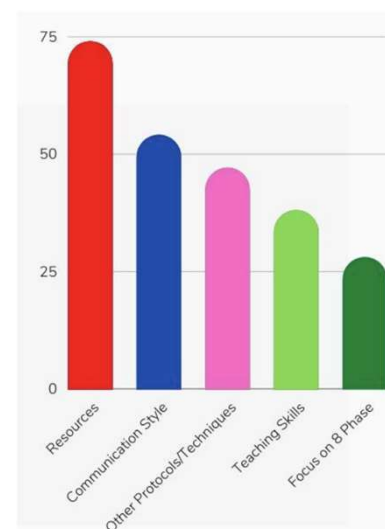


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## TOOLS AND SKILLS



- Resources: Books, handouts, checklists, worksheets, trainings, podcasts
- Communication Style
- Other protocols/Techniques
- Teaching Skills
- Focus on the eight phases

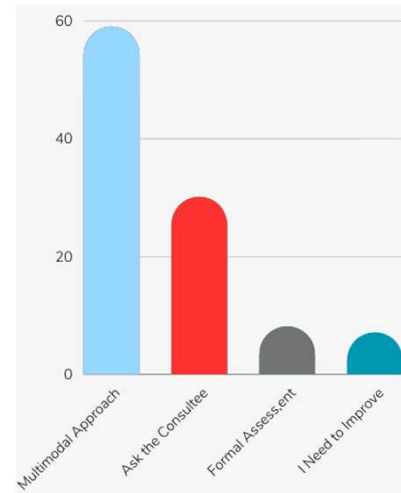


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## CONSIDERING LEARNING STYLES



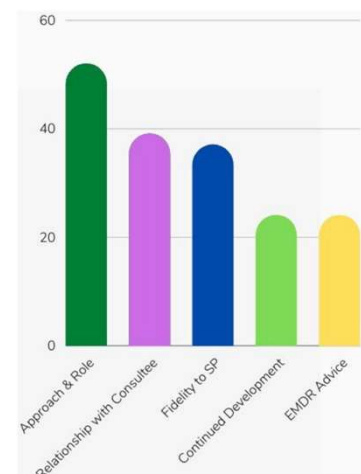
- Multi-modal approaches (memory tools, role play, experiential exercises)
- Ask the consultees
- Formal Assessments (Vark, Learning styles inventory)
- Needs to improve



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## LEARNING AS A CONSULTANT (OR CONSULTEE)

- Approach and Role
  - Meet the consultee at their current level of experience
- Relationship with consultee
  - Be flexible, normalize
- Fidelity to the Standard Protocol
- Continued Development

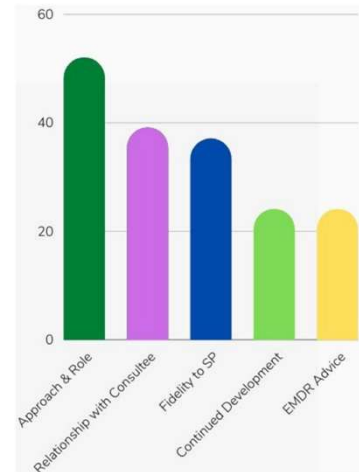


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## LEARNING AS A CONSULTANT (OR CONSULTEE)

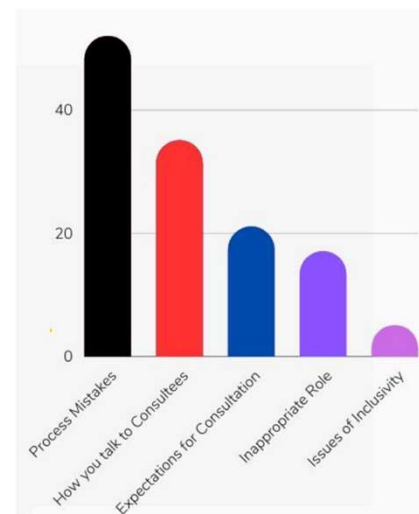
- ADVICE:
  - Therapeutic relationship is still the most important factor
  - Resourcing first
  - Trust the process
  - Teach case conceptualization



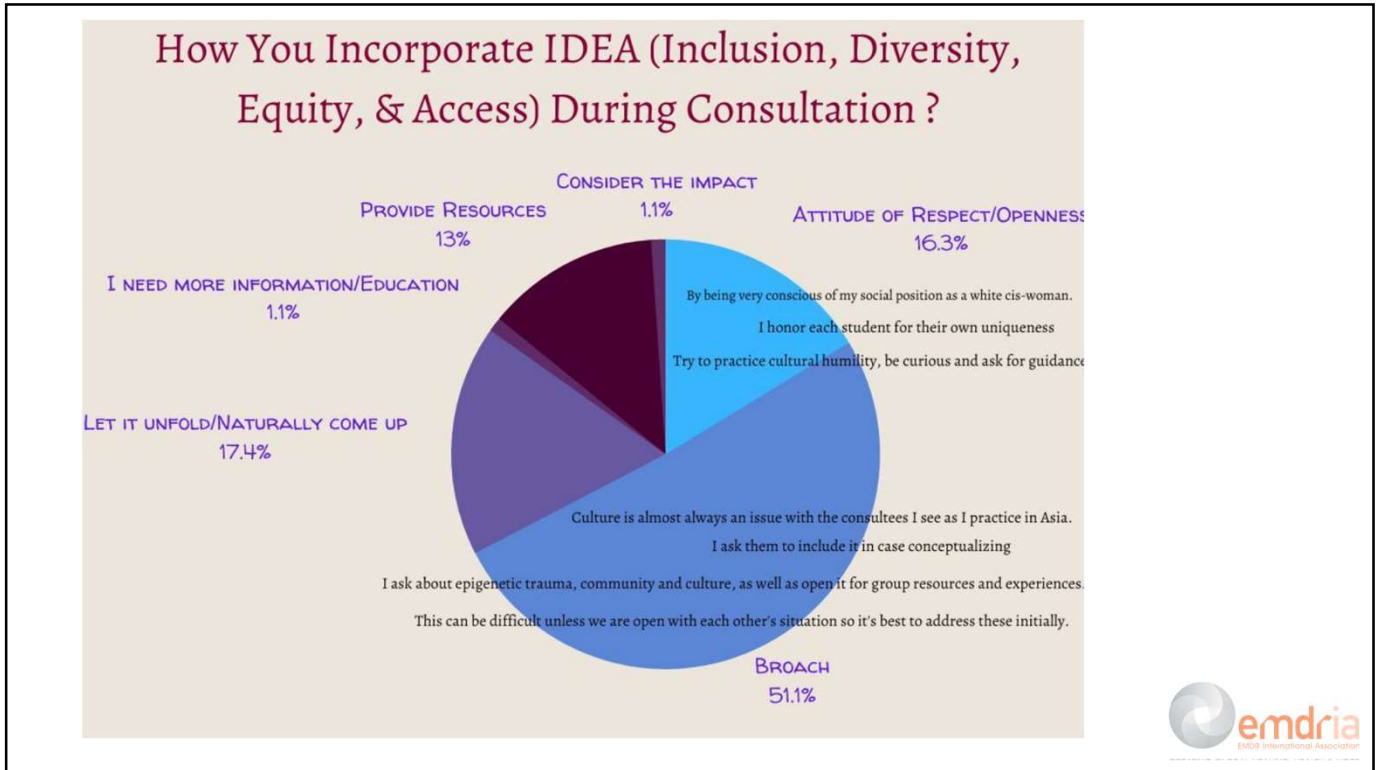
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## WHAT NOT TO DO AS A CONSULTANT?

- Provide too many answers vs. asking questions
- Judge, shame clinicians for making mistakes
- Do therapy with consultees
- Misgender
- Invalidate the experience of the consultee



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## TAKE AWAYS



- There is inconsistency in basic trainings and the initial understanding of trauma.
  - EMDRIA is working on this with standards and developing content to address those needs.
- There is a need to discuss practical dilemmas and challenges
  - These topics will continue be included in each Consultant Day

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## TAKE AWAYS



- Specific topics that need attention: Dissociation and Case conceptualization.
  - We will continue to include more about these in future learning opportunities.
- There is a need for increasing information and support about pedagogical tools and learning styles.
  - We will include this in future learning opportunities.
  - Two tracks: Clinical and Educational

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## TAKE AWAYS

- Need for continue clarity in the path to increase expertise as EMDR therapy.
  - Developing resources and learning opportunities for beginners, middle, and expert EMDR therapists
- Need of increasing information and clout about certification.
  - Developing more resources: video, badges



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## THANK YOU FOR YOUR PARTICIPATION IN THIS CONSULTANT DAY!

**2024 - We will have two events**  
**In-Person Consultant Day - April 18, 2024**  
**Virtual Consultant Day - June/July 2024**

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**IF YOU HAVE ANY FOLLOW UP  
QUESTIONS PLEASE CONTACT US:  
[info@emdria.org](mailto:info@emdria.org)**

