

Dilemmas and Challenges for Consultants How to make it work

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<https://www.emdria.org/2023-consultant-day-handouts/>

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Issues and Considerations

- Are you a good match?
- Is there mutual agreement on the goals?
- Is (Are) each person's expectation(s) clear?
- Are each person's responsibilities explicit?
- Put it in writing!

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Are you a good match?

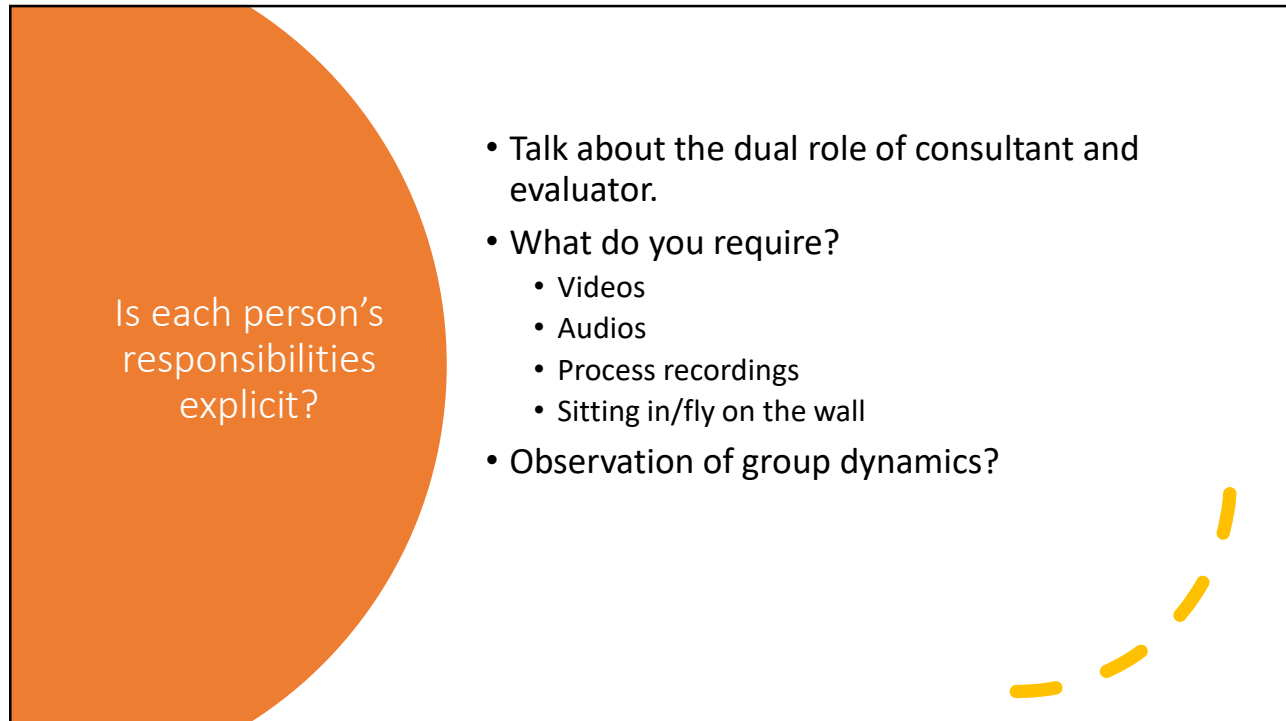
- Explore each other’s framework/vocabulary
 - What if they are different?
- Agree upon the type of consultation
 - Basic, Certification, CIT, using a derived protocol
 - What if there is a change mid-stream?
- Broach discussion of “otherness”
- Understand how they take in and how they express themselves best
 - Visual? Written? Auditory? Oral?
- Fees

3

Is/Are each person’s expectation(s) clear?

- Consultant issues:
 - Are other supervisors/consultants involved?
 - If yes, what are they asking of you?
 - Availability outside of scheduled consultation
 - Expectations around fees
- Consultee issues:
 - Do they need documentation? For whom?
 - If for EMDRIA what are your stipulations?
 - Are they working within a specified timeframe?
 - How will you evaluate their progress?

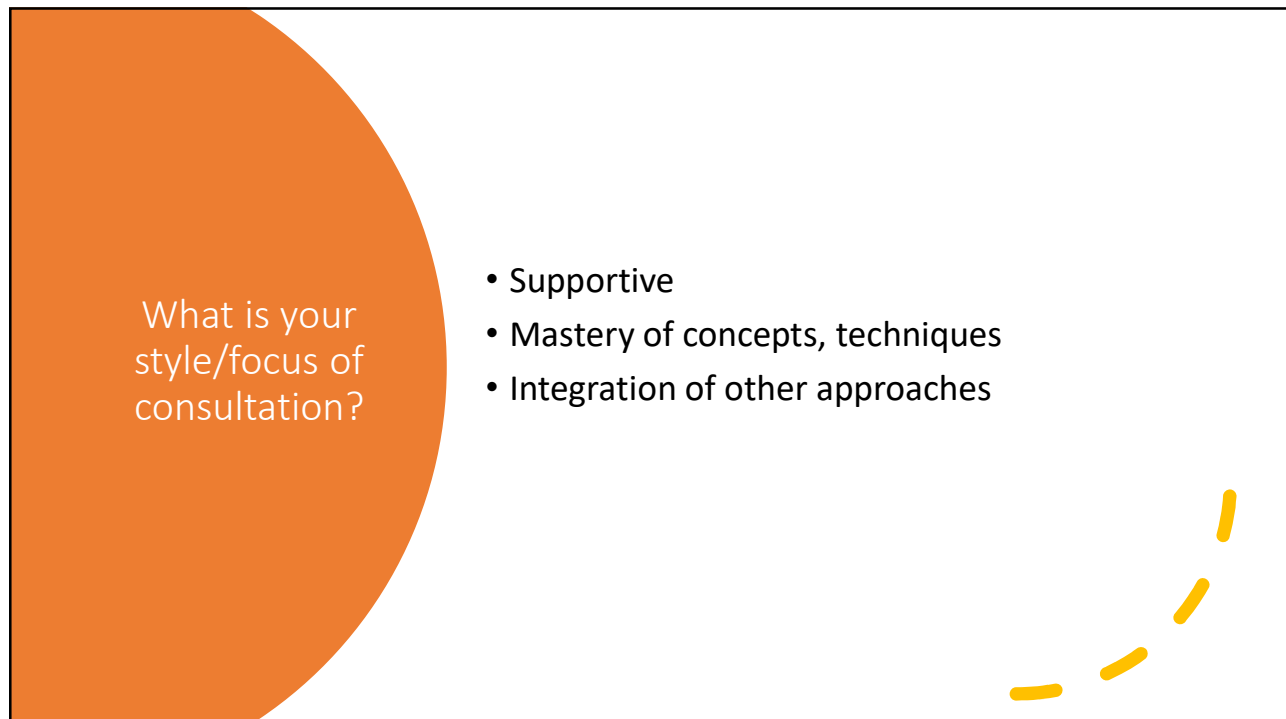
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Is each person's responsibilities explicit?

- Talk about the dual role of consultant and evaluator.
- What do you require?
 - Videos
 - Audios
 - Process recordings
 - Sitting in/fly on the wall
- Observation of group dynamics?

5




What is your style/focus of consultation?

- Supportive
- Mastery of concepts, techniques
- Integration of other approaches

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Consider in Advance

- Language you use to deliver alternate ways of viewing issue(s).
 - What if the mismatch comes late in the game?
- How will you handle group tension?
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7



Smooth Sailing

- Consider a pre-consultation session.
 - Set specific day/time arrangements up front.
 - Revisit progress intermittently and frankly.
 - Be specific and balanced.
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