

Working with Consultants In Training

CONSULTANT DAY

Celia Grand, LCSW
Approved Consultant

Cara Dixon, LCP
Consultant in Training





emdria
EMDR Consultant


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CIT Model: Our first meeting



In our time together, we will address your long-term professional goals and develop your niche as an EMDRIA Approved Consultant.




We start with planning out your CIT process.




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My Role




Supportive collaboration to enhance and facilitate consulting to EMDR trained clinician's



Focus on cultivating abilities for professional growth in EMDR Therapy as an Approved Consultant



Recommend the CIT repeat basic training with "consultant eyes"
Help CIT's navigate different training models.



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CIT Role


Create professional plan: niche, goals, development (Farrell & Moran, 2024).

Evaluate your skills using EMDR Consultation/Clinical Scale (Farrell, 2024).

Develop skills by providing individual and group consultation with my guidance

Evaluate and recommend at least one consultee for EMDR therapy certification.

Utilizing simulations for phases 1-8 with your consultee's last 5 hours with me.



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20 hours

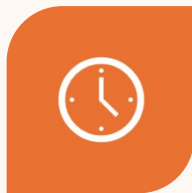
1. Individual Planning Session (1 hour)
2. Group Session with other CIT's (4 hours)
3. Implementing our plan for your group consultation (5 hours)
4. Implementing our plan for individual consultation, bringing someone to certification including 5 hours of your consultee's simulations with me (10 hours)
5. Individual time for your consultation needs or additional training (as needed, and may need additional hours).

*additional costs

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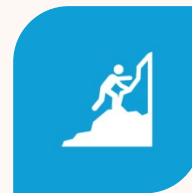
Challenges



TIME



FINANCIAL



OVERCOMING
PERSONAL
BARRIERS

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TOOLS

A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors and Consultants, Andrew Leeds, PhD

EMDR Personal Development Plan III, OUP Handbook of EMDR, EMDR Clinical Supervision & Consultation: Farrel & Moran, 2024

EMDR Therapy Consultation/Clinical Scale (ESC 40): Farrel, Derrik 2024

Repeat Basic Training with “Consultant Eyes”

Attend EMDRIA Conferences, Summits, Specialty Trainings as suggested, Peer Support

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CIT Model:

Demonstration of Proficiency



- One-Way Mirror via Zoom
- Group Consultation
- Individual Consultation bringing consultee through certification
- Simulations* Farrell, 2024

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Approved Consultant Credential

“you know when you know”

Lessons learned:

Boundaries

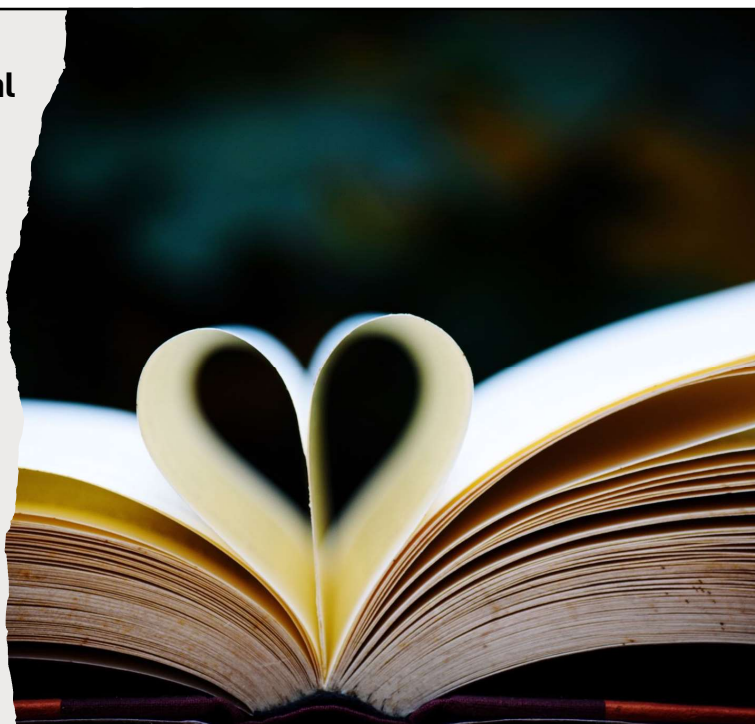
Peer support

Consultation as needed

Never-ending learning

Know your stuff

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CIT REWARDS

- Proficiency in EMDR Therapy:
 - basic – certified – CIT
- In Vivo, practicing until proficient
- Benefits of system of support
- Professional Development; Beyond CIT Training



Cara Dixon, LPC

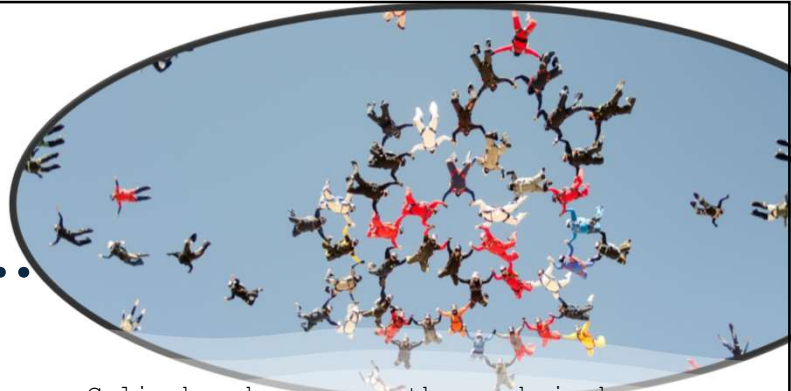
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What other CIT's have experienced...

"Celia has been a true mentor through the process of consultation. Not only does she give constructive feedback in a compassionate manner but has always listened to our feedback as well. She has included us with developing an updated protocol for consultation for CIT's, which resulted in the validation that she believes in our work and progress as a consultant."

Beth T, LCPC, LADC



Celia has been very thorough in her assessment of my skills. She will provide in the moment feedback as I'm working with a consultee so I am aware of where I can improve and what I am doing well.

The emphasis on bringing it back to the standard protocol, AIP conceptualization, the attachment and parts work was very helpful to not get too lost or caught up in all the details.

Adam, J, PhD

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APPROVED CONSULTANT REWARDS

Carrying forward Francine's legacy,
"Healing the World with EMDR"

Planting the seed and watch it sprout

"Better than ME"

Pathway of previous CIT's:
written books
became trainers in other methods
movers and shakers in the healing world



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Thank You



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Quiz Questions

1. In this model, a consultant in training should only meet 20 hours with an approved consultant. It is not a requirement to demonstrate proficiency in providing group and individual EMDR Therapy consultation. FALSE
2. In this model, a CIT will demonstrate providing individual consultation and learn how to help an EMDR therapist get certified in EMDR through EMDRIA. TRUE
3. The barriers that many CIT's encounter are financial, lack of consultees, lack of training, lack of professional support, and time. TRUE
4. It is important to integrate different consultation tools in learning how to bring a consultee through EMDRIA certification. TRUE
5. The only reward a CIT receives during their training is getting the Approved Consultant status. FALSE

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