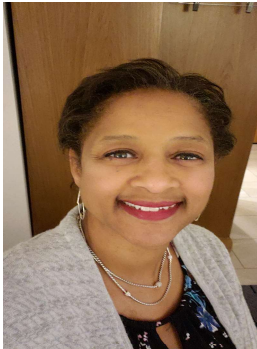


EMDRIA Virtual Consultant Panel


August 16 , 2024



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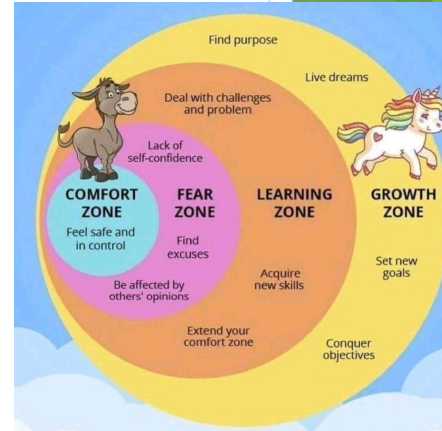


- ▶ Starting Assumptions
- ▶ 2 Consultant Questions
- ▶ Question #1
- ▶ 4 Therapeutic Roles
- ▶ Question #2
- ▶ 1 Rule
- ▶ 3 Wishes
- ▶ Conclusion

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Starting Assumptions

- ▶ New Trainee ==== learn to do it
- ▶ Newly Certified ==== learn to do it well
- ▶ Consultant In Training ==== 3 years experience



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Madere, J., et al. 2020. Consultation for EMDRIA Certification in EMDR: Best Practices and Challenges. *Journal of EMDR Practice and Research*, Vol. 14, 2, ppg. 62-75.

- ▶ **Core professional competences** – the knowledge and skills needed to operate in a professional context.
- ▶ **Generic therapeutic competences** – required to manage sessions and engage clients in the intervention; competences for assessing and managing risk.
- ▶ **Knowledge of trauma** – for working with people with post-traumatic stress disorder (PTSD), including knowledge of trauma and dissociation.
- ▶ **EMDR-specific knowledge of the Adaptive Information Processing (AIP) model** (maladaptively stored memories of trauma).
- ▶ **EMDR interventions** – the eight phases of the standard EMDR protocol; adapting the EMDR protocol when there are mental health presentations in addition to PTSD; using EMDR with people with complex PTSD.
- ▶ **Meta-competences** – needed to guide the implementation of any assessment or intervention.

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- Consultant ==== if you want to learn something, teach it



Learning objectives, checklists and guidelines, observations, media resources

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Sandwich Tasks

Teach & Learn
(TnL)

Clarify & Apply
(CnA)



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Consultant Questions

1. What are core competencies that new EMDR consultants should focus on developing in their first few years?
2. What do you wish you had known in your first five years of being an EMDR consultant that you know now?

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Consultant Question #1

What are core competencies that new EMDR consultants should focus on developing in their first few years?

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What is your product model?

(TnL)

If/when someone gives me money in exchange for my product, what do they get?

A competency is the ability to do something successfully or efficiently.

A product model describes a tangible function or item(s) to which market value is assigned.



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TnL Function

- ▶ Oxford Dictionary: to work or operate in a way that is practical and useful, rather than attractive
- ▶ EMDR 8 phases, 3 prongs
- ▶ P. Janet's 3 stages; conceptualize, intervention, integration

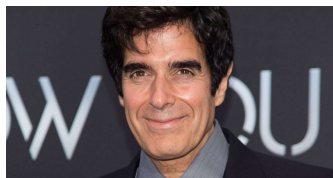
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- ▶ Functionally, EMDR does 2 things: something increases, and something decreases
- ▶ EMDR love RATs ==== Real, Accurate and True in the current reality (aka ecologically valid)

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- Demystify EMDR ==== is not magic, it is science and organ function



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- ▶ Paul D McLean - The Triune Brain in Evolution, 1990
- ▶ Candice Pert - The Molecules of Emotion, 1999
- ▶ Dan Siegel - The Neurobiology of We, 2008
- ▶ Gabor Mate - In the Realm of Hungry Ghosts, 2010
- ▶ Stephen Porges - The Polyvagal Theory, 2011
- ▶ Uri Bergmann - The Neurobiological Foundations for EMDR Practice, 2012
- ▶ Richard Kluft - Shelter from the Storm, 2013
- ▶ Bessel van der Kolk - The Body Keeps the Score, 2014
- ▶ Sebern Fisher - Neurofeedback in the Treatment of Developmental Trauma, 2014
- ▶ Daniel Amen - Change Your Brain, Change Your Life, 2015
- ▶ David Eagleman - Live Wired, 2021
- ▶ Veronica O'Keane - A Sense of Self, 2021
- ▶ Deb Dana - Anchored, 2021

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TnL 4 Therapeutic Functions

1. Surgeon
2. Sherpa
3. Transportation Specialist
4. Reality Broker

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TnL Functions . . .

1. Surgeon = efficient, effective, confident, direct and directive. Organized, methodical, thoughtful, measured, pragmatic, creative

M*A*S*H*

Dr. Jeff Rocky Mountain Vet

Supervet, Dr. Noel Fitzpatrick

Lennox Hill

The Hoof GP

Nate the Hoof Guy



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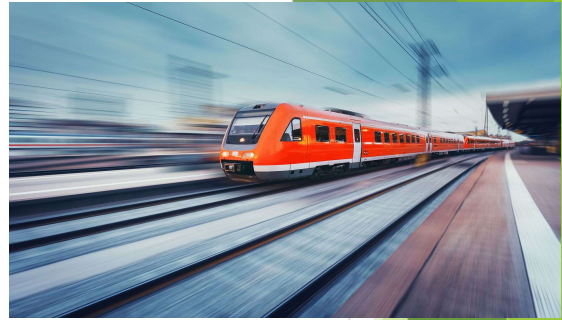
TnL Functions . . .

2. Sherpa are an ethnic group of Tibetan people. Guide, assist, provide support, attentive to needs, safety focused



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TnL Functions . . .



3. Transportation Specialist = coordinate, monitor, control, and supervise the movement on the EMDR train. Manage technical and logistical issues, propose navigational changes.

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TnL Functions . . .

4. Reality Broker = “yaaaah, about that . . .”

- ▶ Reality means the state of things as they actually exist
- ▶ Broker means an intermediary between participants and exchanges

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The Cold Slimy Fish of Reality



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Consultant Question #2

What do you wish you had known in your first five years of being an EMDR consultant that you know now?

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#1 Rule

When a case does not proceed as intended,
the default explanation **CAN NOT BE**



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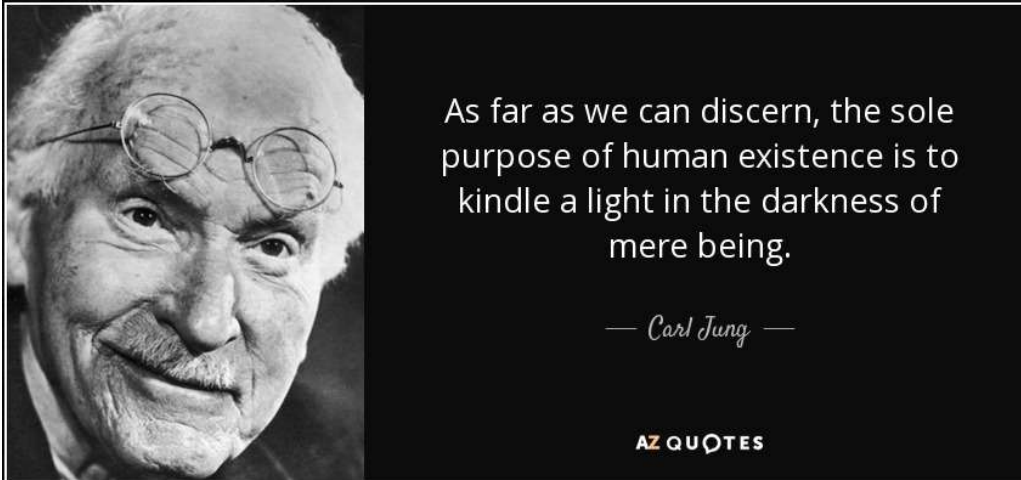
3 Wishes

- ▶ Clarify & Apply ==== each one teach one
- ▶ (Re)Grow Confidence ==== VALIDATE LEARNING!
Where you've been, where you are, where you're going
- ▶ Inspire & Energize ==== Share passion and future
template

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Memories, Dreams, Reflections. (1989). C.G. Jung et. al. Reprint by Vintage Books, New York.



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Thank you for your attention



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- ▶ Jung, C. G. et al, (1989). *Memories, Dreams, Reflections*. Reprint by Vintage Books, New York.
- ▶ Madere, J., et al. 2020. Consultation for EMDRIA Certification in EMDR: Best Practices and Challenges. *Journal of EMDR Practice and Research*, Vol. 14, 2, ppg. 62-75.
- ▶ Oxford Learners Dictionaries. (2024). *Oxford Advanced American Dictionary*. Retrieved July 14, 2024, from <https://www.oxfordlearnersdictionaries.com>.
- ▶ Van der Hart, O, Brown, P, Van der Kolk, B. (1989). Pierre Janet's Treatment of Post-traumatic Stress. *Journal of Traumatic Stress*, Vol 2, No. 4, ppg. 1-11.