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Learning Objective

Participants will be able to describe how to make a plan in order to further their professional development as EMDR Consultants.



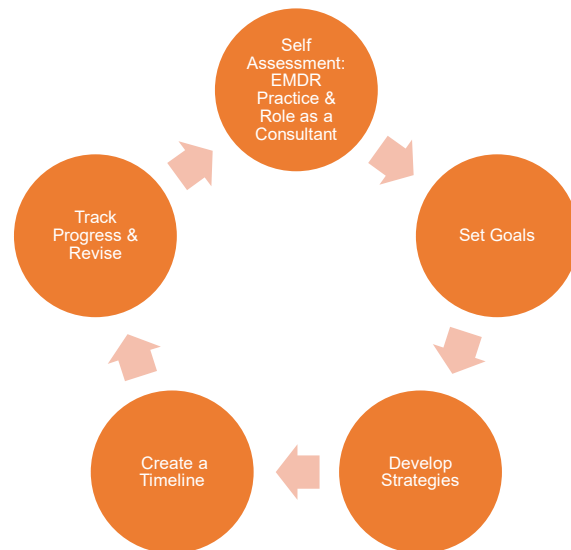
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Overview



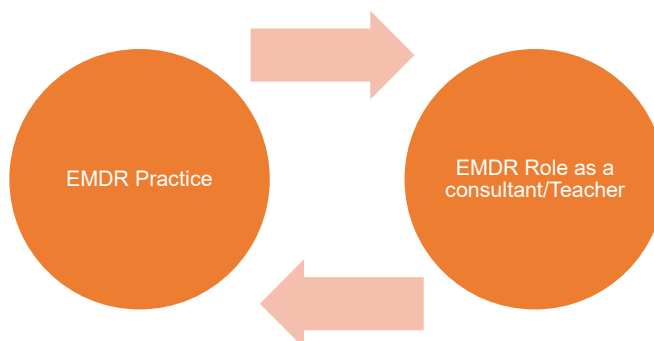
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Self-Assessment



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Self-Assessment: Your EMDR Practice



- [EMDR Fidelity Scale](#)
- Do I currently participate in peer Consultation? Or EMDR consultation for my own clients? And how often?
- Pre-Post assessment of clients – Before and After reprocessing of EMDR. GAD7? PHQ9? PCL5?



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Self-Assessment: Your EMDR Practice



- How much do you reflect on your own EMDR work with clients?
 - Do you pay attention to your somatic reactions to clients?
 - Do you ask yourself questions about your work?
- Do you engage in good self-care? (i.e. tap out somatic reactions to clients at the end of the day or after the session).



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Self-Assessment: Your Role as a Consultant/Teacher

- Collaboration and Communication
 - Developing positive relationships and trust
 - Provide and receive Feedback
 - See additional handout →
 - Include IDEA Principles



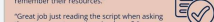
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Tips on Providing Feedback During EMDR Consultation

1. Acknowledge Strengths and Success

"I liked how you helped your clients to remember their resources."
"Great job just reading the script when asking the assessment questions in phase 3."



2. Give Specific Rather than General Comments

"I noticed that your client struggles to find a self-referencing negative cognition. Maybe providing some examples could help them."



3. Use "I" Statements

"I find when you do not ask additional questions, your client seems more focused and can start reprocessing faster."



4. Offer Solutions or Suggestions

"You might wish to incorporate more interventions in this part of the reprocessing because the client appears stuck on the same feelings of guilt and responsibility."



5. Be Empathetic

"I know it's challenging to sit in silence and just say, 'Notice that.' It was hard for me, too, especially at the beginning of my EMDR journey."



6. Encourage Dialogue

"What do you think worked well in the session? Is there anything you would like to try differently next time?"



7. End on a Positive Note

"Overall, it was a good session, and I can see the client was reprocessing and making connections. Keep up the good work!"



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Self-Assessment: Your Role as a Consultant/Teacher



- Facilitation and Process
 - Listening skills
 - Run Effective Consultation Sessions
 - Understand Adult Learning
 - Engage in effective assessment
- Professional Learning and Growth
 - Ongoing self-development
 - Ongoing self-reflection



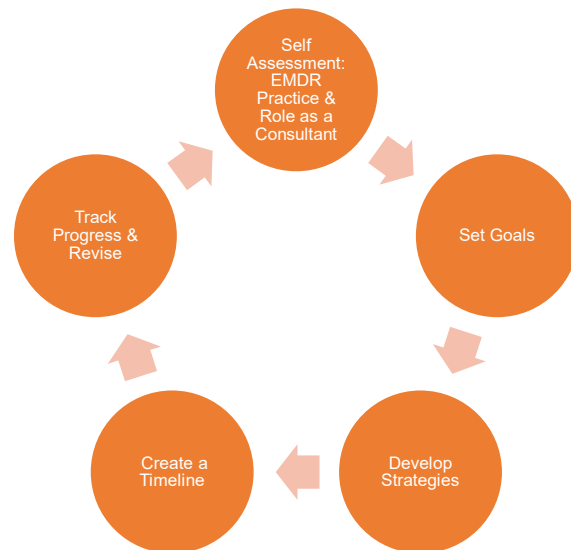
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Set Goals



- Take the "Next Steps" in the self-assessment and set goals
 - Long-Term
 - Mid-term
 - Short-term
- ST: Commit to journaling for 30 minutes at the end of the week for the next month to capture insights, emotions, and observations after consultations. Use these reflections to identify patterns and areas for personal and professional growth.



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Set Goals



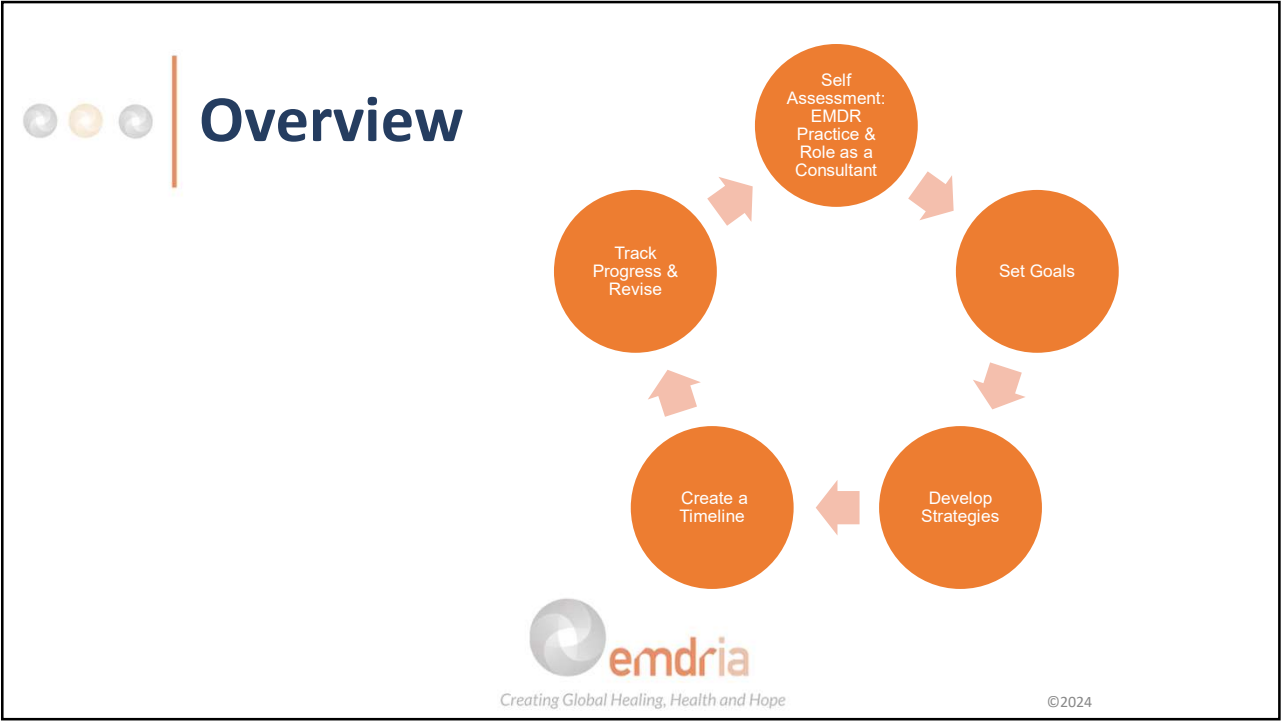
- ST: Implement at least two ways to provide feedback that increases collaboration.
- MT: Complete a course or workshop on adult learning theory and instructional design within the next six months.
- LT: Join or create a peer EMDR Consultant group to discuss cases, share insights, and support each other's professional growth for at least one year.



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Develop Strategies



General:

- What kind of books do you want to read?
- What trainings do you want to take?



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Develop Strategies



Specific:

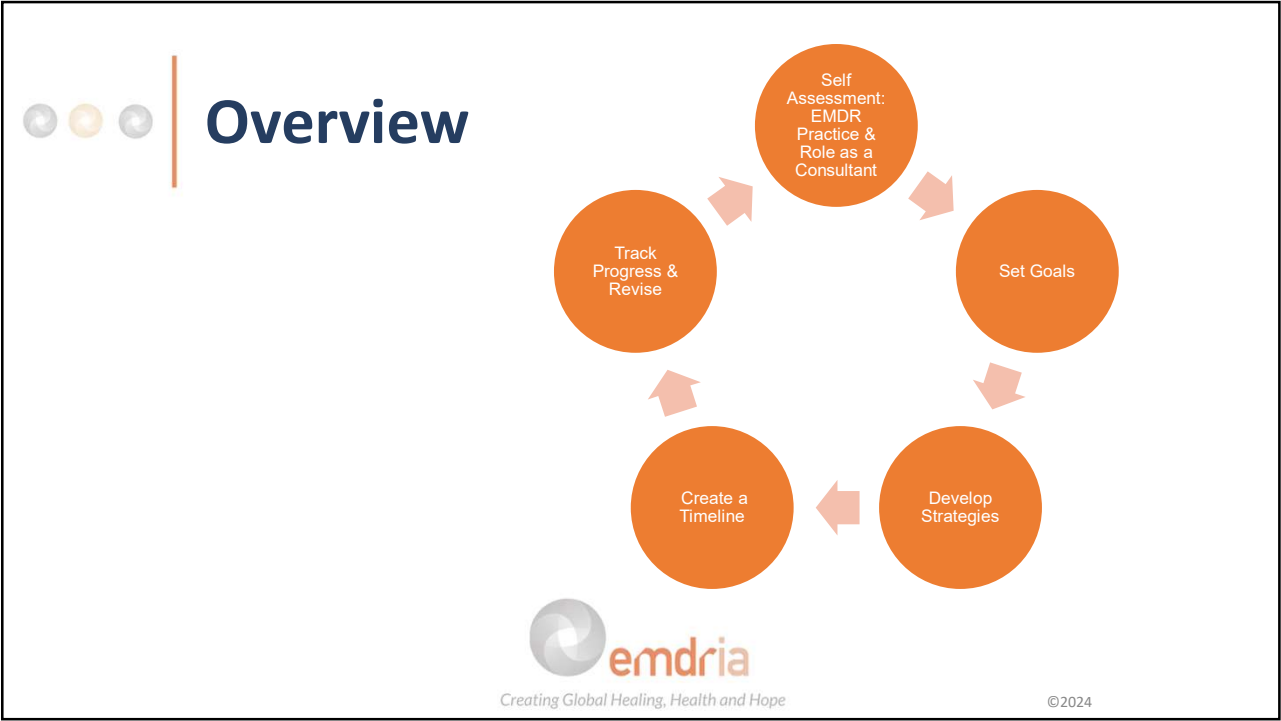
- Ask open-ended questions to encourage consultees to elaborate in their work.
- Periodically summarize and reflect on what the consultee has shared. This helps verify that you are accurately capturing their experiences and feelings.



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Create a Timeline

| | | | | | |
|----------------------------|-------------------------|---------------------|------------------------|------------------------|--------------------|
| January 2025 (group) | March 2025 (book) | June 2025 (4) | October 2025 (4) | January 2026 (4) | May 2026 (4) |
|----------------------------|-------------------------|---------------------|------------------------|------------------------|--------------------|



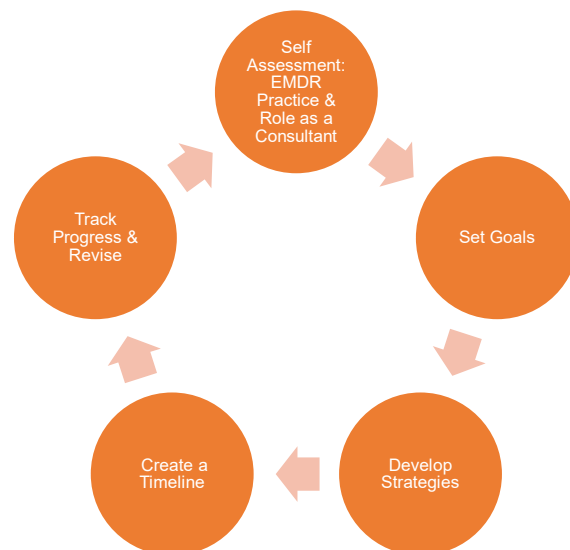
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Track Progress and Revise

- **Set Review Dates:** Establish specific times to review your progress, such as monthly or bi-monthly. Use these check-ins to assess if you are meeting your success indicators and adjust your approach if necessary.
- Include your review date in your calendar.
- Maintain an ongoing dialogue with your consultees to gather continuous feedback and refine your approach based on their input.
- Complete self-assessment again

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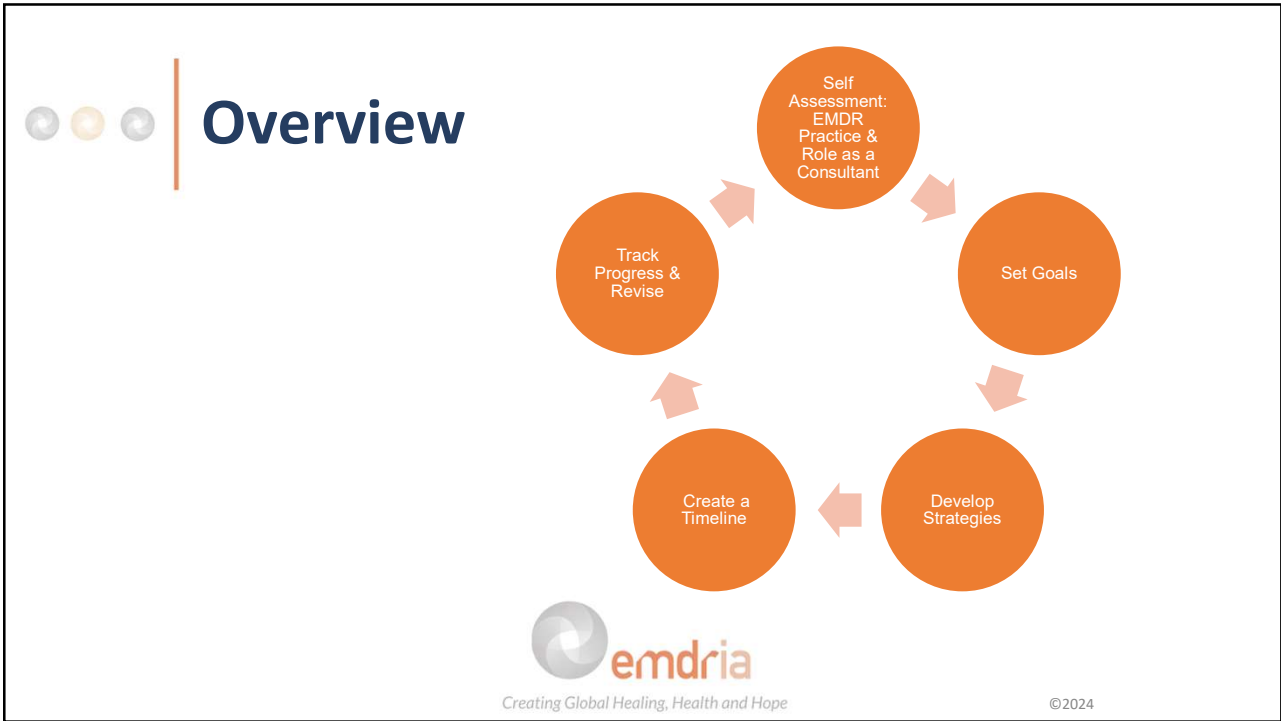
“Tell me and I forget, teach me and I may remember, involve me and I learn.”



– Benjamin Franklin

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Thank You! Gracias!
We are better together



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