

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 interweaves 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!"

