



1

WHAT ARE THE CORE COMPETENCIES THAT NEW EMDR CONSULTANTS SHOULD FOCUS ON DEVELOPING IN THE FIRST FEW YEARS?

- 1. Fidelity to the Standard Protocol, including the three prongs
- 2. Target Selection and Treatment Planning
- 3. Importance of Phase 2 for successful reprocessing
- 4. Broaching issues related to racial, cultural, and historical identities

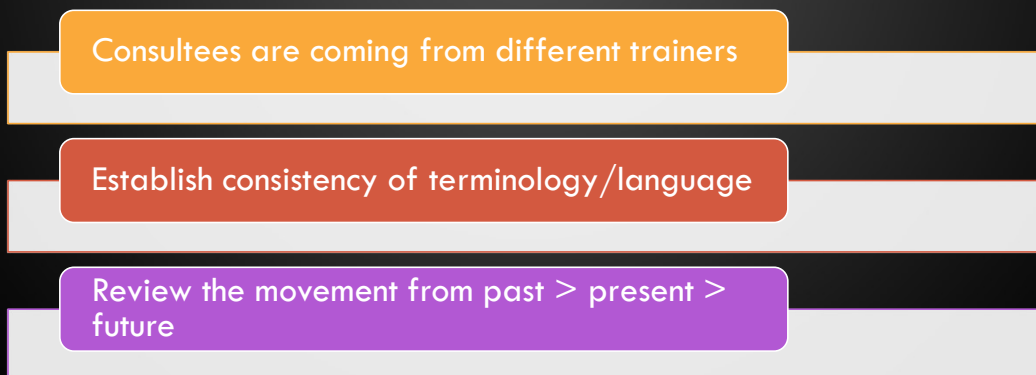
2

HOW DO NEW CONSULTANTS DEVELOP A CONSULTING PRACTICE AND WHAT ARE SOME PITFALLS TO BE AWARE OF?



3

FIDELITY TO THE STANDARD PROTOCOL



4

TARGET SELECTION & TREATMENT PLANNING

1. Help consultees determine best starting location – first, worst, most recent OR starting with something milder and present OR going in Reverse Protocol order.

2. Which clinical theme are we working with? What is the NC most relevant to presenting problem? Review the four “plateaus” or clinical themes

3. Develop a timeline or cluster of targets: Not everything has to be organized by clinical themes

4. Review movement from working through all of the past traumatic memories from the Floatback, to present trigger, and then using the ending PC from the Present Trigger to inform the Future Template

5

THE IMPORTANCE OF PHASE 2

More than Safe/Calm State and Container!!

Resourcing should include ways to support the working PC

- Ex. “I’m capable” Do an RDI of a time you felt most capable.

Think about other aspects of the client’s experience that need support before moving into reprocessing:

- Ruminations, OCD tendencies, panic: Distancing Technique
- Blocking Beliefs (“I’m not sure I’ll ever get better”): do EMDR on that!
- Lots of physical sensations: Somatic regulation
- Parts of self that may sabotage treatment: Parts work

6



BROACHING TOPICS OF IDENTITY

- Read Mark Nickerson's **Cultural Competence and Healing Culturally Based Trauma with EMDR Therapy: Innovative Strategies and Protocols**
 - Include culturally relevant questions in History-Taking
 - Become familiar with Oppression Cognitions (OCs)
 - Develop Culturally Relevant Resources

7

DEVELOPING A CONSULTATION PRACTICE

<p>Individual Consultation</p> <ul style="list-style-type: none"> - In-depth, one-on-one learning - Takes up lots of time if seeing more than one consultee at a time - Provides hours for certification more quickly 	<p>Group Consultation</p> <ul style="list-style-type: none"> - See more people at once - Opportunity for practice - Learn from others' cases - Less time to present
---	--

8

SETTING FEES AND OTHER PRACTICAL MATTERS

Setting Fees and Time Frames

A. Individual Consultation:
Charge anywhere from a
sliding fee to full fee for 45
mins. to an hour

B. Group Consultation
based on a full fee hour and
divided up among the
participants

Other Practical Matters

- A. Contracts
- B. Letters of recommendation
- C. Strategies for selecting
consultees

9

AND, MOST IMPORTANT . . .

- Continue your own professional development.
There are so many wonderful protocols out
there and things to learn!!



10