

Welcome to Virtual Consultant Day

*The Consultation Journey in
the First Five Years*

Hey Yall I am



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Published Workbook "Take The Struggle
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Therapy Expert for the "Rickey Smiley
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Objectives

Identify common pitfalls for EMDR Consultants in the first 5 years.

Introduce the 5 R's to enhance the consultant/consultee relationship

Enhance Adaptive learning for both consultant and consultee.

Introduce the C.O.R.E Concept for growth and development

Wellness Work





Every Problem Holds a Solution



Common Pitfalls For New EMDR Consultants

Over-identifying with the consultant role


PIT

Pressure to be "right"


TIP

Embrace the learning process





No Boundaries = No Balance



Common Pitfalls for new EMDR Consultants

Underestimating the importance of boundaries


PIT

No Boundaries = Burnout

TIP

Encourage consultees to bring something to the table





*If You Want To Go Fast Go Alone
If You Want To Go Far Go Together*



Common Pitfalls for new EMDR Consultants

Lack of ongoing support

PIT

Not prioritizing self care

TIP

Establish your EMDR squad





Process Over Perfection



Common Pitfalls for new EMDR Consultants

Focusing too much on technique and not development

PIT

Protocol over people

TIP

People over protocol





Healing the Whole Person Starts With Knowing The Whole Person

Common Pitfalls for new EMDR Consultants

Neglecting diversity and cultural humility

PIT

Relying on cultural competence

TIP

Remaining culturally humble



5 R's to promote security in your consultant/consultee relationship

Reflect, Regulate, Relapse, Reminders, Reset

REFLECT

On a recent challenge you have experienced with your consultee.

REGULATE

How can you regulate your nervous system as you reflect on or address this challenge?

RELAPSE

Is this challenge causing old narratives, beliefs, or behaviors to resurface?

REMINDER

How can you remind yourself to stay present and remain supportive?

RESET

How can you use this information to reset and reestablish security in this relationship.



5 Things I Wish I Knew as a New Consultant

The importance of flexibility

MY LESSON

Focusing on Failure



THE BLESSING

Finding Flexibility

5 Things I Wish I Knew as a New Consultant

The value of building a supportive community

MY LESSON

Working in isolation



THE BLESSING

Supportive Community

5 Things I Wish I Knew as a New Consultant

Recognizing the consultee's strengths

MY LESSON

Focus on improvement



THE BLESSING

Reinforcing skills and building confidence

5 Things I Wish I Knew as a New Consultant

The importance of continuous learning and growth

My Lesson

Feeling Stuck



THE BLESSING

Start Seeking



Whats in your

C.O.R.E

Framework

Compassion vs Criticism

Opportunities vs Opposition

Resources vs Restrictions

Evolution vs Embarrassment

*Let's
Stay
Connected*



Give feedback to Yunetta Spring Smith

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REWIRE

Let's stay in touch!

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Thank You!

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