

CIT Quick Start Guide

Ready to begin your journey toward becoming an EMDRIA Approved Consultant in TrainingTM? This Quick Start Guide walks you through the essential first steps so you can plan ahead, stay organized, and move forward with confidence.

STEP 1

Review the Requirements

Know what's expected before you begin.

- Review [Consultant Standards](#)
- Review [Consultant Application Requirements](#)

👉 *Understanding the requirements early helps you plan your timeline.*

STEP 2

Secure a Consultant

Establish your professional support.

- [Identify](#) an EMDRIA Approved ConsultantTM
- Enter into a contract agreement

👉 *Your consultant will guide and support you throughout the process.*

STEP 3

Inform EMDRIATM of Your Intent

Let us know that you're starting.

- Complete the [CIT Declaration Form](#), and
- Receive confirmation back from EMDRIATM

👉 *This ensures you receive the correct guidance and resources.*

STEP 4

Complete Required Consultant Courses

Complete the two required courses.

- [Courses](#) are part of the consultant application process
- Courses count towards the EMDRIATM Credits requirement

👉 *Completing these courses early in the process prepares you for what's expected of a consultant.*

You're ready to move forward!

Once these steps are complete, you're prepared to continue progressing through the consultant application process with confidence.

Learn more at:
emdria.org/emdr-training/emdr-consultant/