

Earning Individual Hours Within a Group Setting

Last updated: 02/18/2026

Allowing consultees to receive individual consultation hours within a group setting makes the process more accessible and cost-effective. This model is especially helpful for clinicians working in nonprofit organizations, where funding or organizational resources may be available for group consultation but not for individual sessions. In this format, consultees not only receive personalized feedback on their own cases but also gain valuable insights by observing and learning from their peers' questions and experiences. In this way, group consultation maximizes access, learning, and impact while supporting a collaborative professional community. It promotes greater equity by reducing barriers for clinicians who might otherwise have limited opportunities to engage in consultation.

Group Consultation Ratios

a. EMDR Basic Training Consultation

Group consultation size for basic training cannot exceed 10 consultees (1:10).

b. EMDR Certification Consultation

Group consultation size for certification cannot exceed 8 consultees (1:8).

c. EMDR Consultation of Consultation

Group consultation size for consultation of consultation cannot exceed 4 CITs (1:4).

Calculating Individual Hours

When calculating individual hours within a group consultation, consultants should allocate **a minimum of 30 minutes per individual consultee**. Individual consultation hours can be accrued in a group setting under certain conditions. The following examples are provided to outline the conditions and limitations:













- If there are **2** consultees participating in a group consultation session, the meeting time would be 60 minutes, and each consultee would spend 30 minutes presenting their case for consultation. This means both consultees would receive 30 minutes of individual consultation and 30 minutes of group consultation.

- If there are **3** consultees participating in a group consultation session, the meeting time would be 90 minutes, and each consultee would spend 30 minutes presenting their case for consultation. This means each consultee would receive 30 minutes of individual consultation and 60 minutes of group consultation.
- If there are **4** consultees participating in a group consultation session, the meeting time would be 120 minutes, and each consultee would spend 30 minutes presenting their case for consultation. This means each consultee would receive 30 minutes of individual consultation and 90 minutes of group consultation.

As outlined in the examples below, the ratio would be 30 minutes of meeting time multiplied by the number of consultees in the group (30 minutes x each consultee = length of group consultation meeting) to calculate the duration of the group consultation meeting. The duration of the group consultation session would depend on the number of consultees participating in the group.

No more than two (2) hours of consultation may be conducted within a single day.

This limitation is intended to support meaningful skill development and integration of EMDR therapy practice. Accruing consultation hours within a compressed timeframe does not allow adequate opportunity to apply feedback, gain clinical experience between sessions, and demonstrate progressive competency. Consultation is designed to support ongoing learning and integration over time rather than rapid accumulation of hours.

Total Number of Consultees in Group Consultation Session	Maximum <i>Individual</i> Time for Each Consultee	<i>Group</i> Consultation Time	<i>Total Duration</i> of Meeting Time for Entire Group Consultation Session
	 <p>30 minutes</p>	 <p>30 minutes</p>	 <p>60 minutes</p>
	 <p>30 minutes</p>	 <p>60 minutes</p>	 <p>90 minutes</p>
	 <p>30 minutes</p>	 <p>90 minutes</p>	 <p>120 minutes</p>