

# Understanding the Updated Consultant Standards

What It Means for You





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# Before we begin...

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Please

- Stay muted during session
- Use Q&A tab for questions
- Limit questions to today's topic
- Know that sessions are recorded

# Your EMDRIA Team



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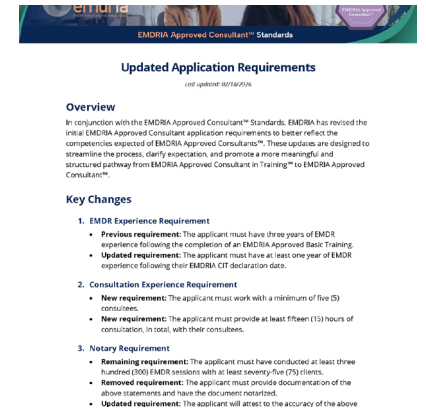
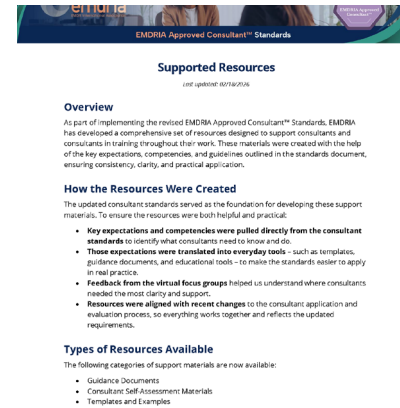
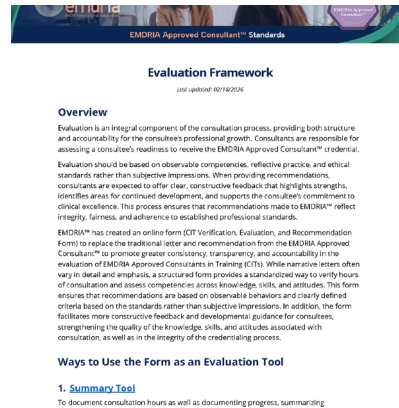
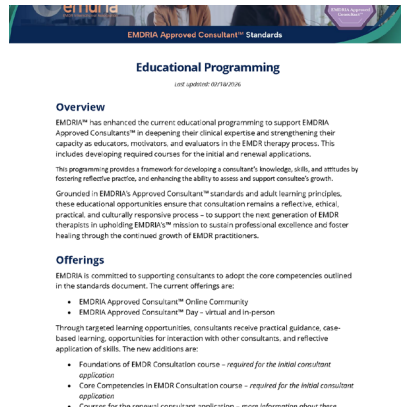
Education &  
Standards  
Specialist



# What Do the Updated Consultant Standards Mean For You?

Today's Topic

# What's Changed



## EMDR Approved Consultant™ STANDARDS

### Educational Programming

#### Overview

EMDR™ has enhanced the current educational programming to support EMDRIA Approved Consultants™ in deepening their clinical expertise and strengthening their capacity as educators, motivators, and evaluators in the EMDR therapy process. This includes developing required courses for the initial and renewal applications. This programming provides a framework for developing a consultant's knowledge, skills, and attitudes by fostering reflective practice, and enhancing the ability to assess and support consultant's growth. Grounded in EMDRIA's Approved Consultant™ standards and adult learning principles, these educational opportunities ensure that consultation remains a reflective, ethical, practical, and culturally responsive process – to support the next generation of EMDR therapists in upholding EMDRIA's mission to sustain professional excellence and foster healing through the continued growth of EMDR practitioners.

#### Offerings

EMDRIA is committed to supporting consultants to adopt the core competencies outlined in the standards document. The current offerings are:

- EMDRIA Approved Consultant™ Online Community
- EMDRIA Approved Consultant™ Day – virtual and in-person

Through targeted learning opportunities, consultants receive practical guidance, case-based learning, opportunities for interaction with other consultants, and reflective application of skills. The new additions are:

- Foundations of EMDR Consultation course – required for the initial consultant application
- Core Competencies in EMDR Consultation course – required for the initial consultant application
- Process for the renewal application – visit [www.emdria.org](#) for more information about these

### Evaluation Framework

#### Overview

Evaluation is an integral component of the consultation process, providing both structure and accountability for the consultants professional growth. Consultants are responsible for assessing a consultant's readiness to receive the EMDRIA Approved Consultant™ credential. Evaluation should be based on observable competencies, reflective practice, and ethical standards rather than subjective impressions. When providing recommendations, consultants are expected to offer clear, constructive feedback that highlights strengths, identifies areas for continued development, and supports the consultant's commitment to clinical excellence. This process ensures that recommendations made to EMDRIA™ reflect integrity, fairness, and adherence to established professional standards. EMDRIA™ has created an online form (CIT Verification, Evaluation, and Recommendation Form) to replace the traditional letter and recommendation from the EMDRIA Approved Consultant™ to promote greater consistency, transparency, and accountability in the evaluation of EMDRIA Approved Consultants in Training (CITs). While narrative letters often vary in detail and emphasis, a structured form provides a standardized way to verify hours of consultation and assess competencies across knowledge, skills, and attitudes. This form ensures that recommendations are based on observable behaviors and clearly defined criteria based on the standards rather than subjective impressions. In addition, the form facilitates more constructive feedback and developmental guidance for consultants, strengthening the quality of the knowledge, skills, and attitudes associated with consultation, as well as in the integrity of the credentialing process.

#### Ways to Use the Form as an Evaluation Tool

##### 1. Summary Tool

To document consultation hours as well as documenting progress, summarizing

### Supported Resources

#### Overview

As part of implementing the revised EMDRIA Approved Consultant™ Standards, EMDRIA has developed a comprehensive set of resources designed to support consultants and consultants in training throughout their work. These materials were created with the help of the key expectations, competencies, and guidelines outlined in the standards document, ensuring consistency, clarity, and practical application.

#### How the Resources Were Created

The updated consultant standards served as the foundation for developing these support materials. To ensure the resources were both helpful and practical:

- **Key expectations and competencies were pulled directly from the consultant standards** to identify what consultants need to know and do.
- **Those expectations were translated into everyday tools** – such as templates, guidance documents, and educational tools – to make the standards easier to apply in real practice.
- **Feedback from the virtual focus groups** helped us understand where consultants needed the most clarity and support.
- **Resources were aligned with recent changes** to the consultant application and evaluation process, so everything works together and reflects the updated requirements.

#### Types of Resources Available

The following categories of support materials are now available:

- Guidance Documents
- Consultant Self-Assessment Materials
- Templates and Examples

### Updated Application Requirements

#### Overview

In conjunction with the EMDRIA Approved Consultant™ Standards, EMDRIA has revised the initial EMDRIA Approved Consultant application requirements to better reflect the competencies expected of EMDRIA Approved Consultants™. These updates are designed to streamline the process, clarify expectations, and promote a more meaningful and structured pathway from EMDRIA Approved Consultant in Training™ to EMDRIA Approved Consultant™.

#### Key Changes

- EMDR Experience Requirement**
  - **Previous requirement:** The applicant must have three years of EMDR experience following the completion of an EMDRIA Approved Basic Training
  - **Updated requirement:** The applicant must have at least one year of EMDR experience following their EMDRIA CIT declaration date.
- Consultation Experience Requirement**
  - **New requirement:** The applicant must work with a minimum of five (5) consultants.
  - **New requirement:** The applicant must provide at least fifteen (15) hours of consultation, in total, with their consultants.
- Notary Requirement**
  - **Remaining requirement:** The applicant must have conducted at least three (3) supervised EMDR sessions with at least seven (7) clients.
  - **Removed requirement:** The applicant must provide documentation of the above statements and have the document notarized.
  - **Updated requirement:** The applicant will attest to the accuracy of the above

Updated  
EMDR  
Approved  
Consultant™  
Standards

Educational  
Programming

Evaluation  
Framework

Supported  
Resources

Updated  
Application  
Requirements

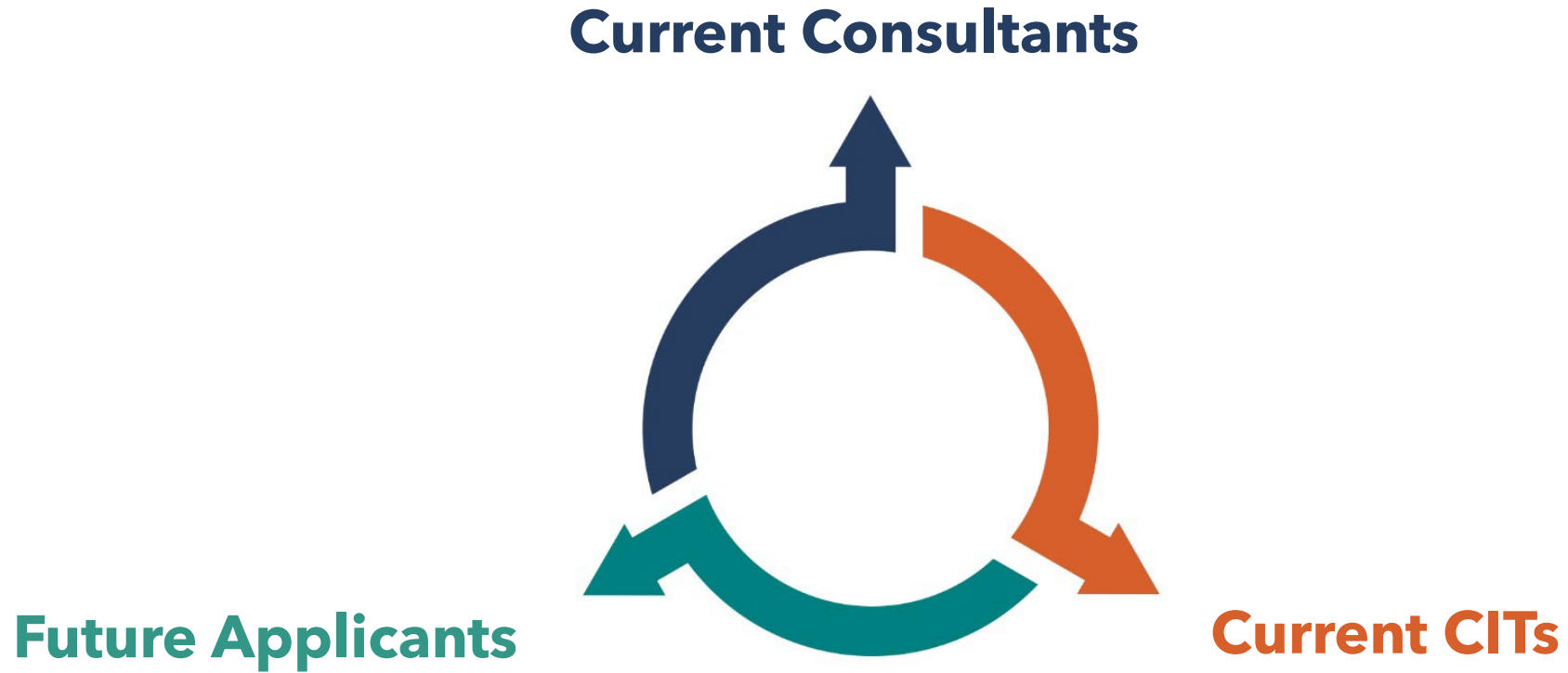
March 24, 2026

What the Updated Consultant Standards Mean for You

# “What does this mean for me?”

Most asked question about the new EMDRIA Approved Consultant™ Standards

# Let's Break It Down



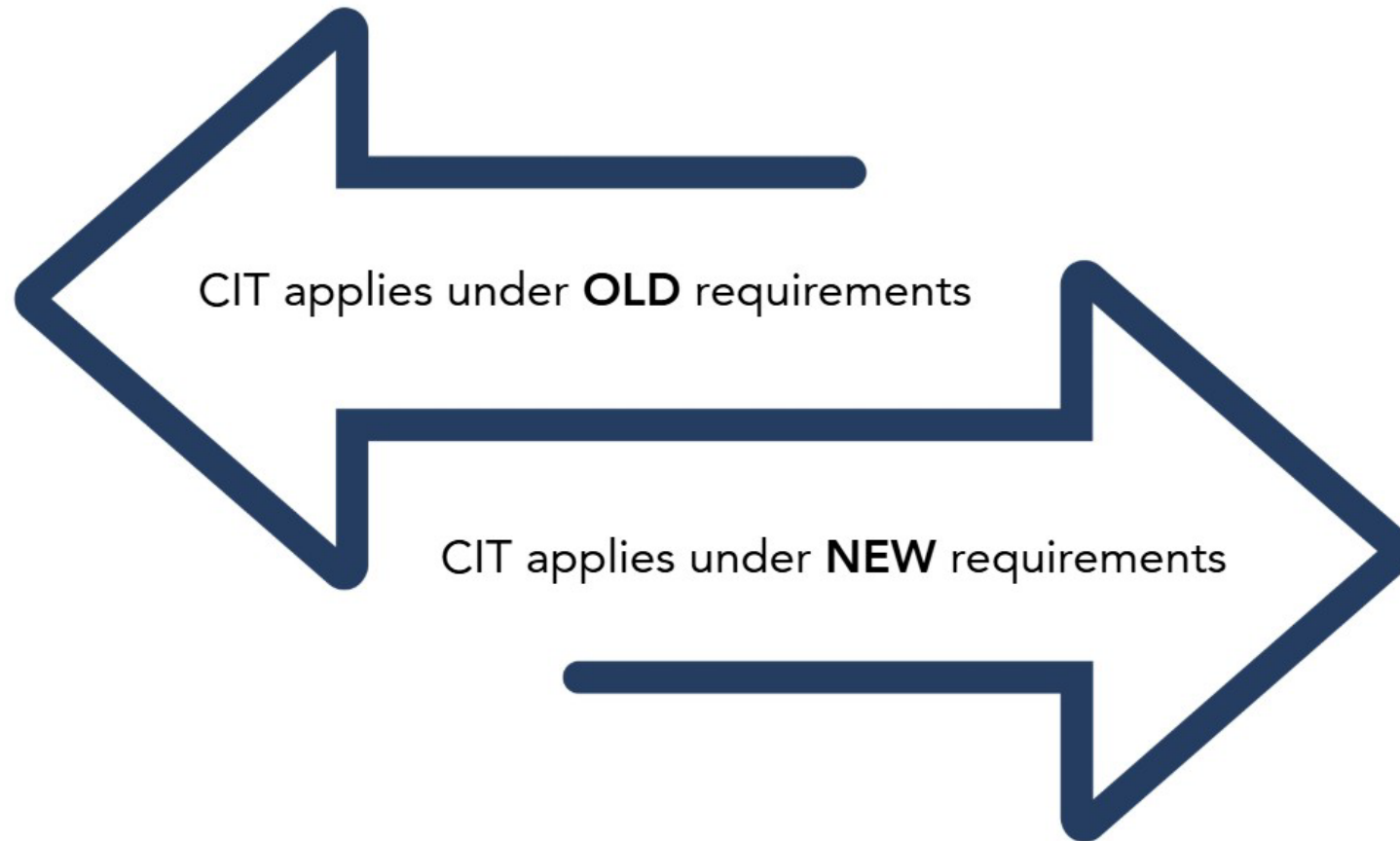
# Current Consultants

# If you are a Current Consultant

- You do not need to reapply under new standards
- Upcoming renewal changes
- Changes mainly affect consultation process



# Determine CIT Path: CIT Declaration Date **BEFORE** January 1, 2026



# CIT Declaration Date **BEFORE** January 1, 2026 - Comparison of Key Highlights

## Apply under **OLD** requirements - Key highlights

- Total hours of consultation of consultation: 20 (**no** specifics for individual or group hours)
- **Letter or email** to verify hours, feedback, and recommendation
- Evaluation addresses **quality** of CIT's consultation in EMDR to others
- **Not** based on updated standards **nor** CIT Verification, Evaluation, and Recommendation (VER) Form

## Apply under **NEW** requirements - Key highlights

- Total hours of consultation of consultation: 20 (specific requirement of **10 individual hours**)
- **Online form** to verify hours, feedback, and recommendation
- Evaluation of CIT's **observable behaviors (knowledge, skills, and attitudes)**
- **Is** based on updated standards **and** CIT Verification, Evaluation, and Recommendation (VER) Form


# CIT Declaration Date **AFTER** January 1, 2026

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**New** requirements apply:

- Total hours of consultation of consultation: 20 (specific requirement of 10 individual hours)
- Online form to verify hours, feedback, and recommendation
- Evaluation of CIT's observable behaviors (knowledge, skills, and attitudes)
- Is based on updated standards and CIT Verification, Evaluation, and Recommendation (VER) Form

# Identify Your CIT's Declaration Date / Path

## **BEFORE January 1, 2026 - OLD**

- Total hours of consultation of consultation: 20 (no specifics for individual or group hours)
- Letter or email to verify hours, feedback, and recommendation
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## **BEFORE January 1, 2026 - NEW**

- Total hours of consultation of consultation: 20 (specific requirement of 10 individual hours)
- Online form to verify hours, feedback, and recommendation
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## **AFTER January 1, 2026 - NEW**

- Total hours of consultation of consultation: 20 (specific requirement of 10 individual hours)
- Online form to verify hours, feedback, and recommendation
- Evaluation of CIT's observable behaviors (knowledge, skills, and attitudes)
- Is based on updated standards and CIT Verification, Evaluation, and Recommendation (VER) Form

# Current Consultants in Training (CITs)

# If You Are a Current CIT

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- Continue with old standards
- Transition fully to new standards



## Important Considerations when Choosing Your Path

- Must fully commit to chosen requirements
- Cannot mix old and new paths
- Choose what best fits your progress as a CIT



## Once You Become a Consultant

- EMDRIA Approved Consultants™ follow **new** standards
- Updated renewal process will apply



# For Future EMDRIA Approved Consultants in Training™

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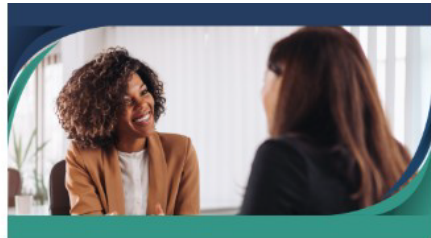
# If You Are Starting the Process

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- Must be an EMDRIA Certified Therapist™
- Must work with an EMDRIA Approved Consultant™



# If You Are Starting the Process



## Consultant In Training Declaration Form

This form is for individuals who are current EMDRIA Certified Therapists™ ready to start the process of completing the requirements for the EMDRIA Approved Consultant™ credential. The individual should have a consultant selected and entered into an agreement with the consultant prior to completing this form.

Please note that any consultation of consultation hours completed prior to submitting the CIT Declaration Form will not count towards the consultation requirement for the initial EMDRIA Approved Consultant™ application.

- Must be an EMDRIA Certified Therapist™
- Must work with an EMDRIA Approved Consultant™
- CIT Declaration Form - reopens tomorrow! (March 25, 2026) - **watch for email announcement**

# What to Expect Moving Forward

- You will follow the new standards
- Review requirements carefully
- Connect with your consultant early



# Summary

## Current Consultants

- Application
- Renewal
- Consultation Process
- Identify CIT - Old vs. New Standards
  - Before January 1, 2026
  - After January 1, 2026

## Current CITs

- Choose your Path - Old vs. New Standards
- After Approval

## Future Applicants

- Starting the Process
- Requirements
- CIT Declaration Form
- Your Path Forward

# What's Changing in Consultation?

## Consultation Overview

# Consultation Overview



## **Basic Training Consultation (BT)**

- 2-hour daily limit
- Group ratio remains 1:10

## **Certification Consultation (CT)**

- 2-hour daily limit
- Group ratio remains 1:8
- Certification requirements unchanged (for now)

## **Consultant in Training Consultation (CIT)**

- 2-hour daily limit
- Group ratio remains 1:4
- New option - earn hours by leading consultation group

# Consultation Overview



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# Transition Period Through December 31, 2026

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- May complete any current, ongoing consultation groups under previous standards
- New consultation groups moving forward should align with updated standards
- **All consultation activities must be fully compliant with updated standards by January 1, 2027**

# Questions and Answers

EMDRIA™ Staff



# Thank you



NEXT SESSION:

**Wednesday, April 1 - 10am CT**

“Updated Consultant Standards:  
Impact on Consultation Process”

Contact for additional information:



info@emdria.org



[https://www.emdria.org/emdr-  
training/emdr-consultant/](https://www.emdria.org/emdr-training/emdr-consultant/)