

Understanding the Updated Consultant Standards

Impact on the Consultation Process





April 1, 2026

Before we begin...

Please

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

Impact on the Consultation Process

Your EMDRIA Team



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Overall Consultation Framework

Why Consultation Is Important

- Ensures the effectiveness and integrity of EMDR therapy
- Platform for clinicians/consultants to address:
 - Complex cases/situations
 - Personal challenges
 - Ethical dilemmas
- Promotes staying current in the field

Goals of Consultation

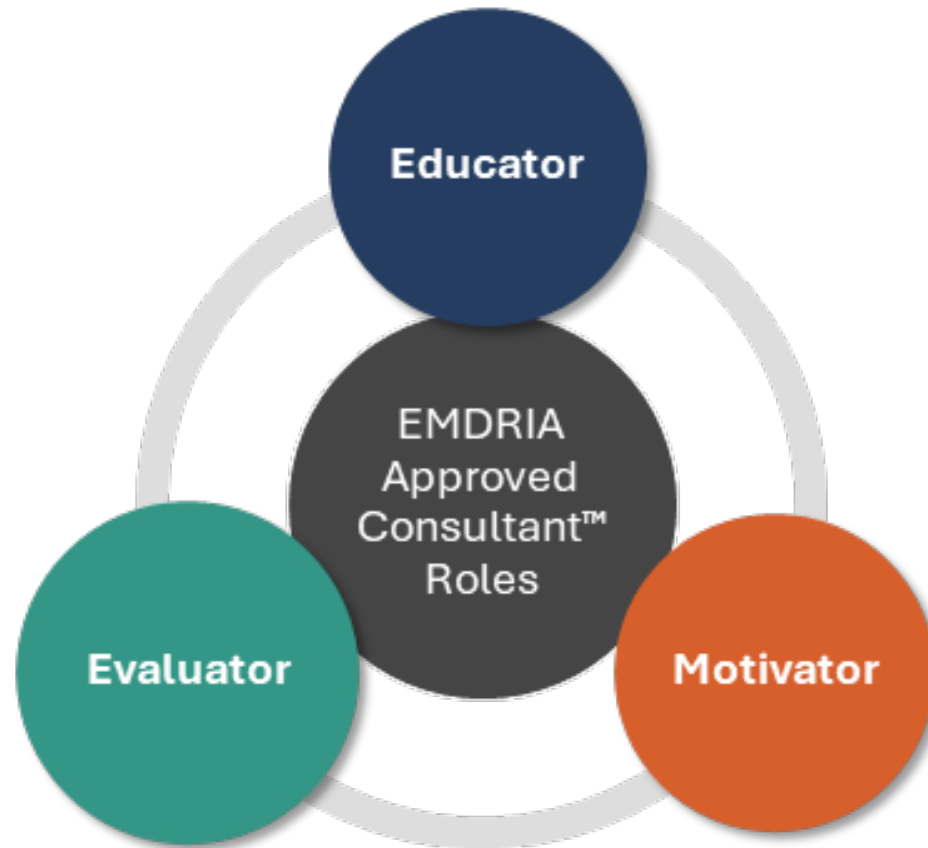
- Provides guidance, support, and feedback
 - Consultee - regarding EMDR therapy
 - CIT - regarding consultation knowledge, skills, and attitudes
- Encourages self-efficacy
- Enhances professional competencies to ensure their therapy/consultation aligns with established best practices
- Fosters growth and integrity to the broader EMDR community

Consultant Roles

(p. 13-15)

Overall
Consultant
Framework

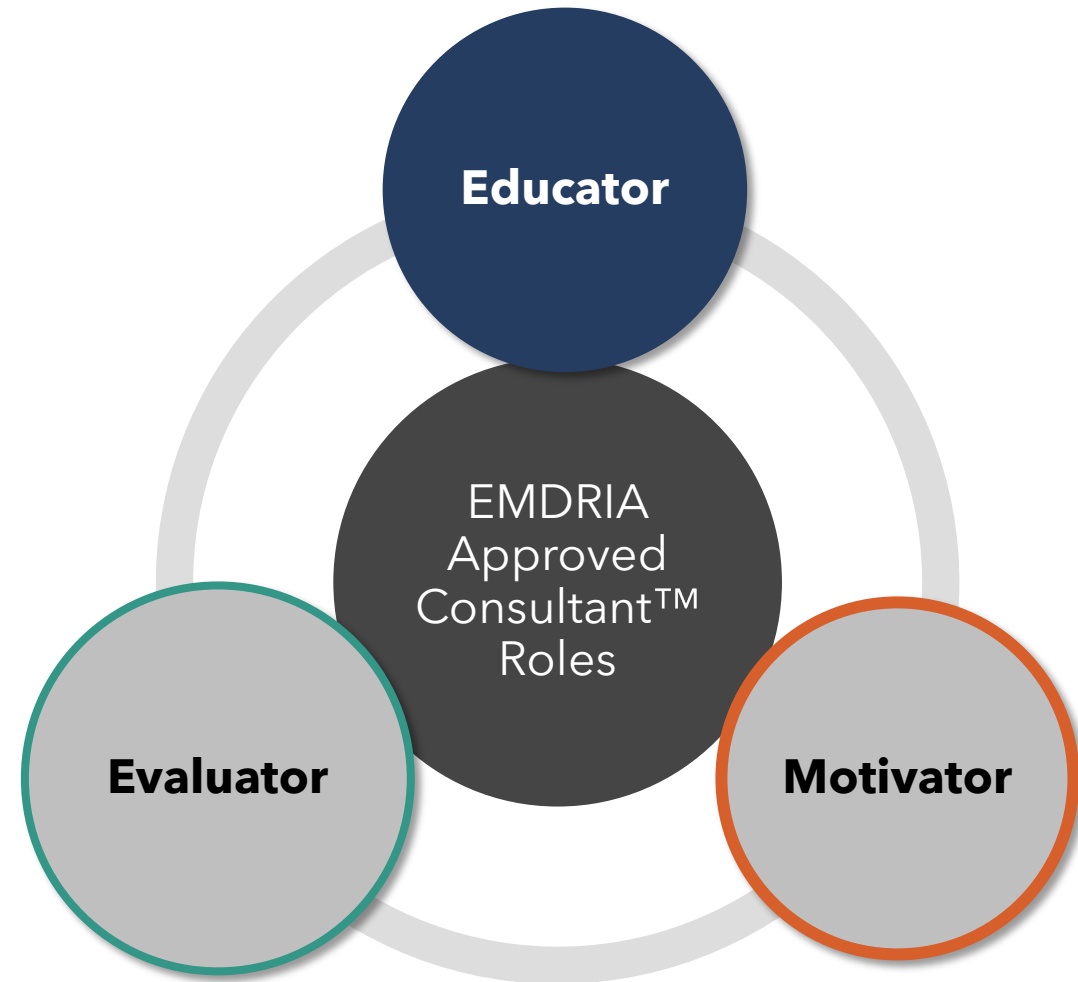
Consultant Roles



Consultant Role - Educator

Consultant shares:

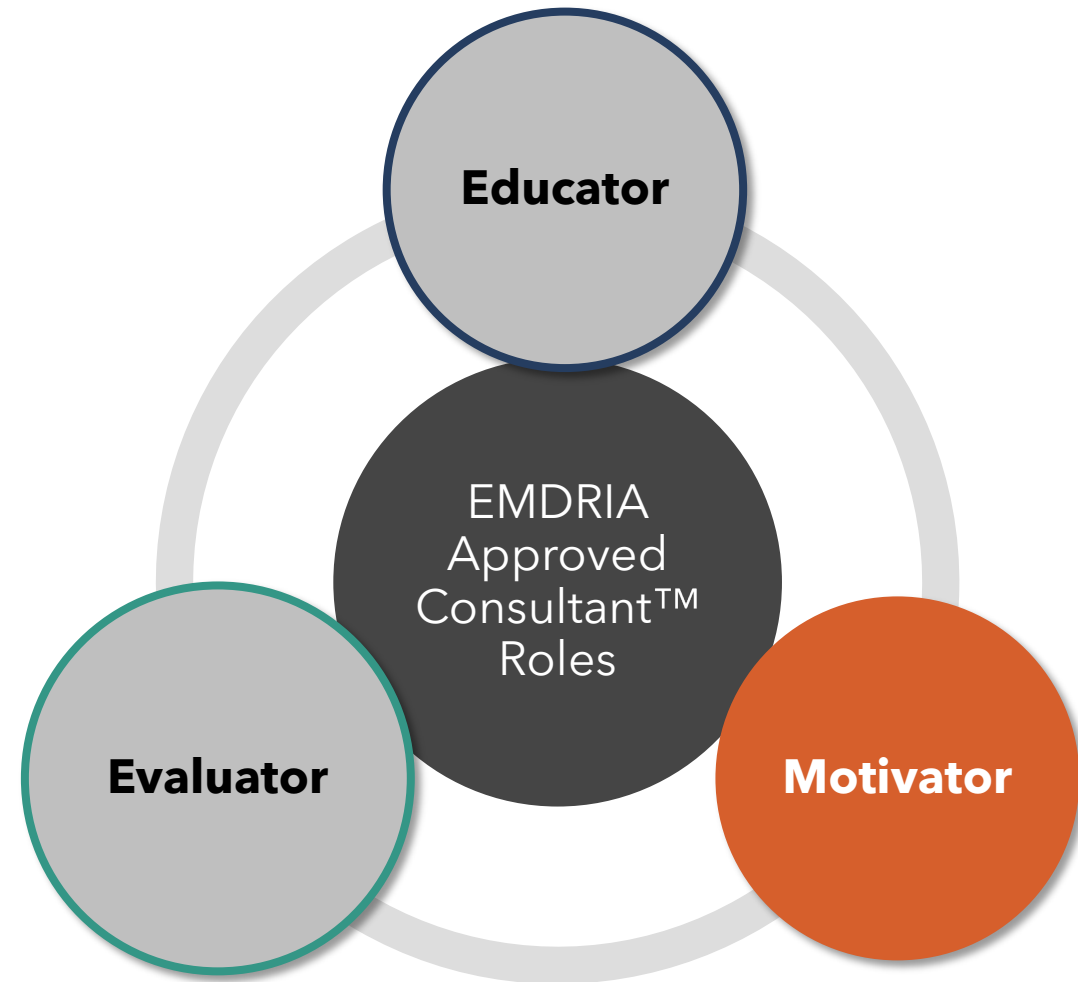
- Knowledge
- Tools
- Strategies



Consultant Role - Motivator

Consultant:

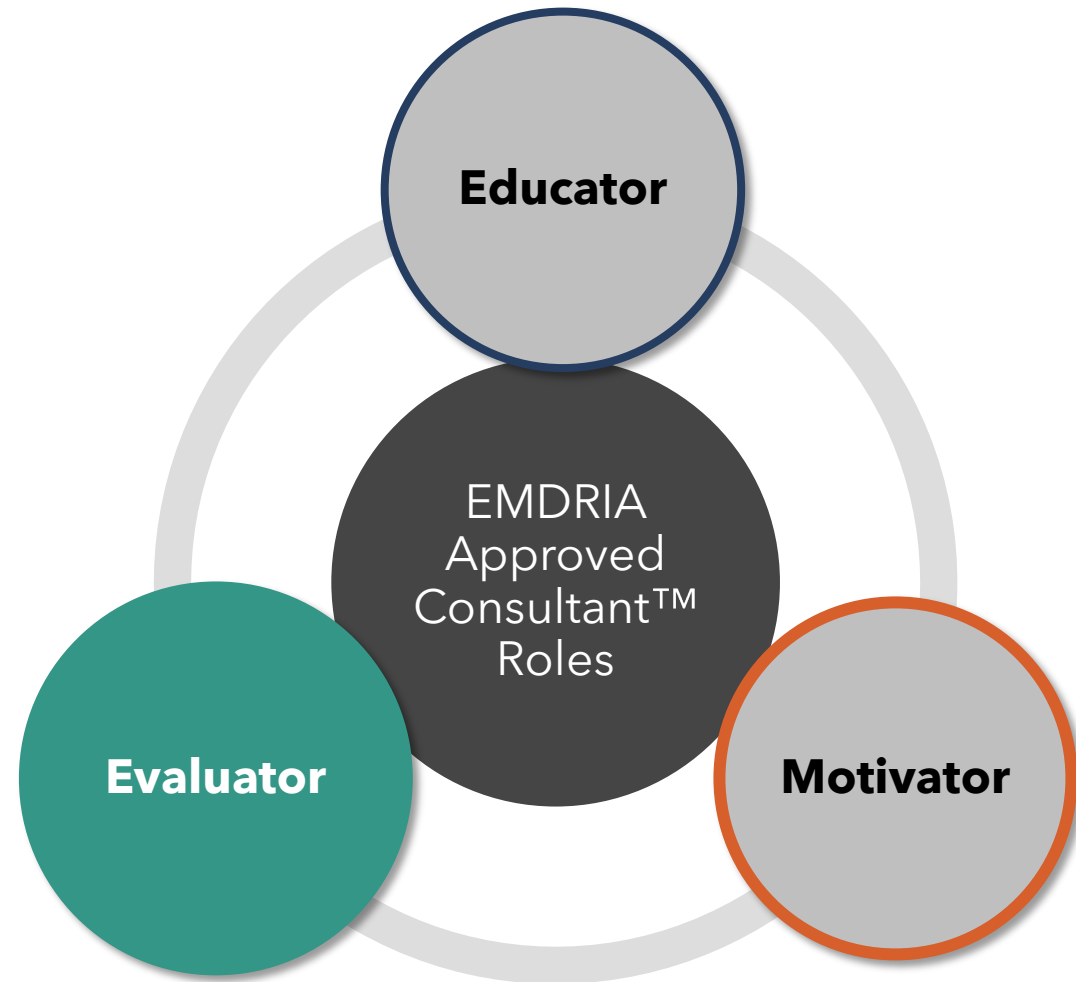
- Encourages
- Inspires



Consultant Role - Evaluator

Consultant:

- Supports accountability
- Provides constructive feedback
- Assesses competence



Developmental Approach to Consultation

Overall
Consultant
Framework

Developmental Approach in Consultation

- Integration
- Self-awareness
- Ethical responsibility



Developmental Approach in Consultation

- Tailoring Consultation to Each Consultee



Developmental Approach in Consultation

- Using Adult Learning Theories and Practice



Developmental Approach in Consultation

- Implementing Deliberate and Focused Practice



Developmental Approach in Consultation

- Modeling Professional Identity



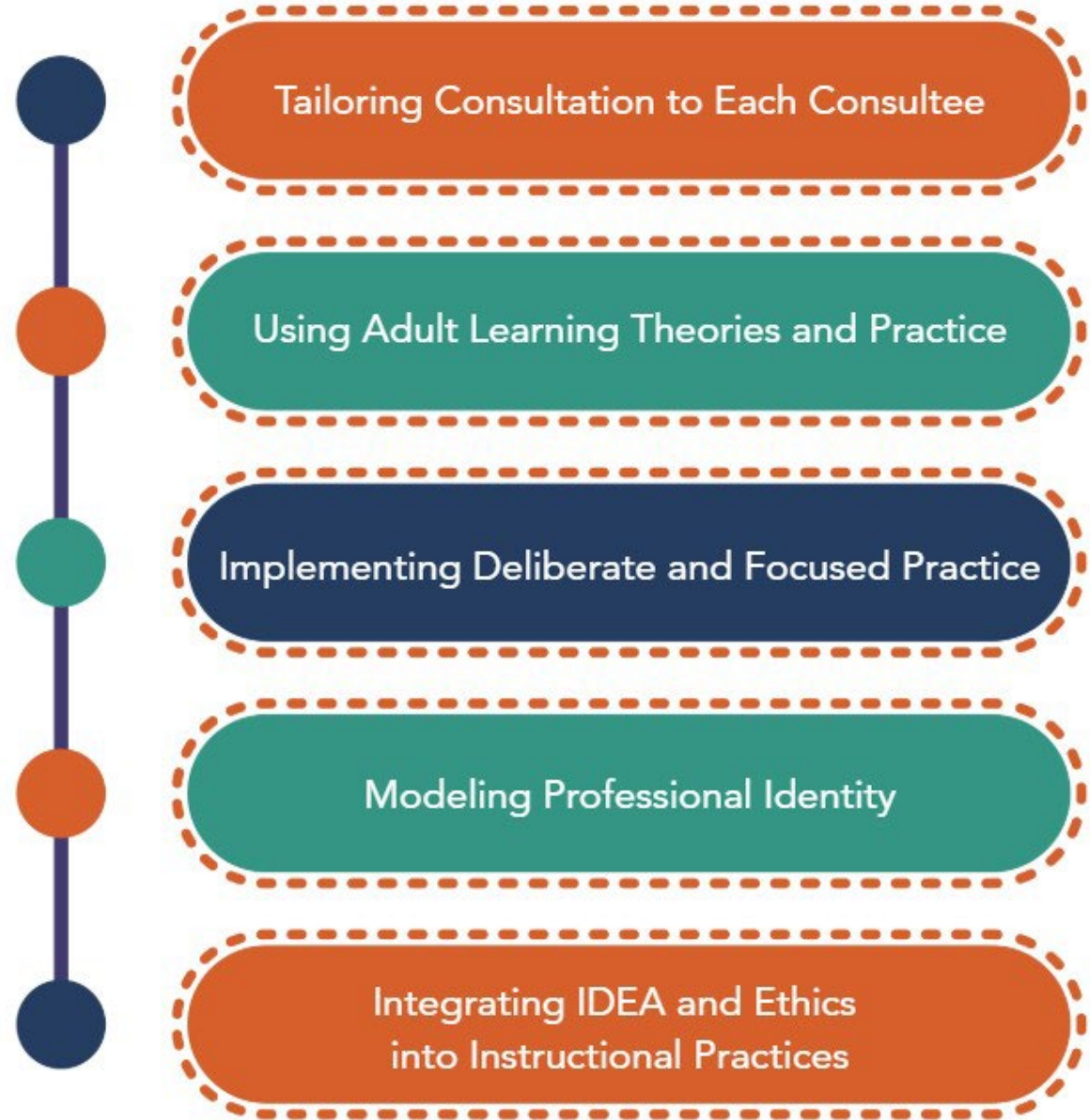
Developmental Approach in Consultation

- Integrating IDEA and Ethics into Instructional Practices



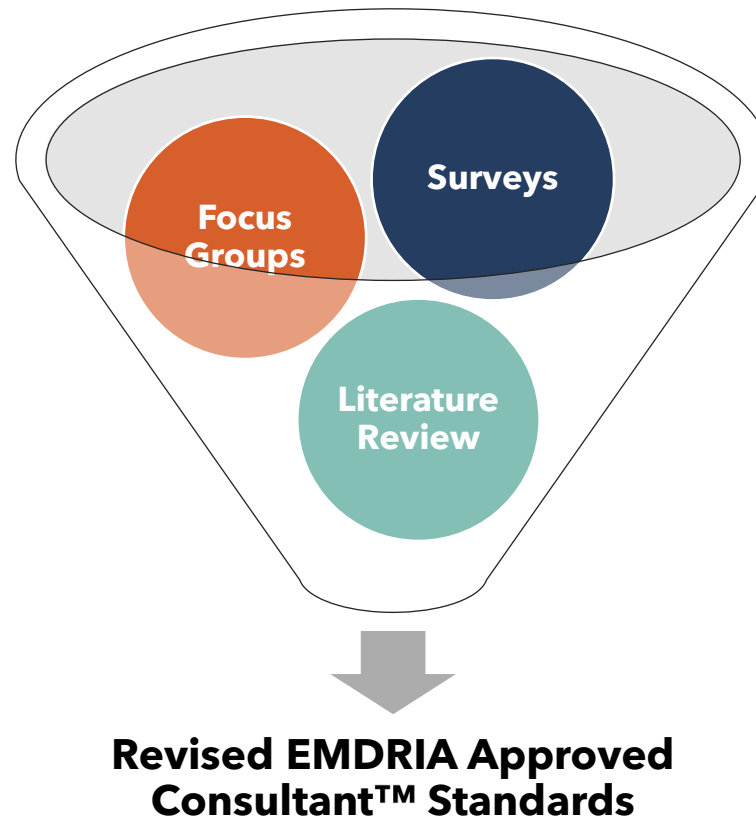
Developmental Approach in Consultation

"Better tomorrow than I am today"



How We Arrived at the Revised Consultant Standards (p. 6-9)

Elements of Developing Standards



Consultant Expectations and Responsibilities (p. 30-35)

Consultant Expectations - General

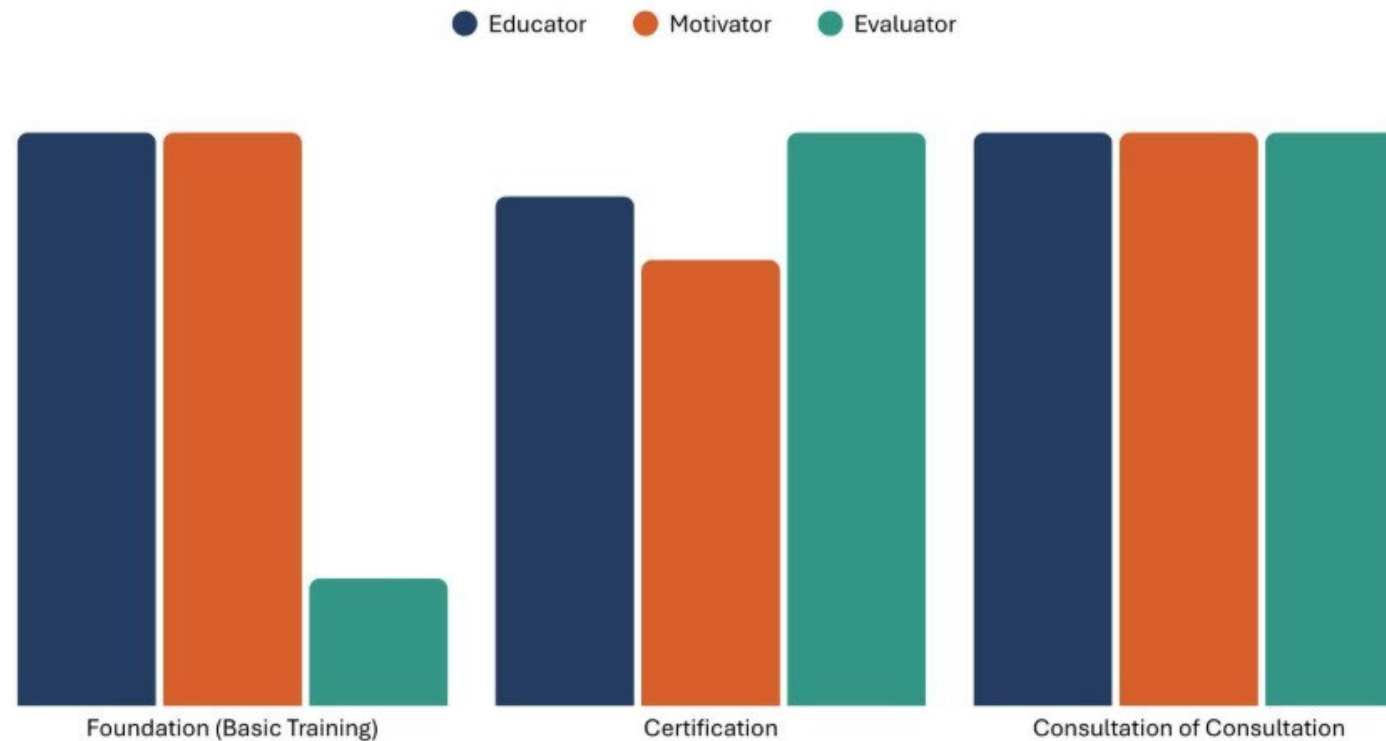
- Create a learning environment that encourages:
 - Curiosity
 - Self-awareness
 - Continual improvement in EMDR practice
- Provide clear, thoughtful, and practical guidance
- Model ethical, trauma-informed, and culturally responsive practice
- Demonstrate a commitment to continuous professional growth

Consultant Responsibilities and Shifting Roles



Consultant Responsibilities and Shifting Roles

Shifting Consultant Roles (Across Consultee's Journey)



Consultation Process - Expectations

- Differ based on type of consultation (p. 31-35)
- Documentation
 - From Consultee/CIT - behavioral samples (p. 30-35)
 - From Consultant
 - Contract development (p. 35-36)
 - Document retention for 5 years (p. 36)
 - CIT Verification, Evaluation, Recommendation (VER) Form (p. 41-44)
- Policy - No more than 2 hours of consultation may be conducted in a single day (p. 39)

Group Consultation (p. 37-40)

In Group Consultation...

Each consultee is expected to actively participate and be prepared to bring their EMDR case presentation material content to:

- Discuss cases
- Share insights
- Seek guidance
- Not a checklist for consultation hours

















Facilitating Consultation Groups

- Understanding and managing group dynamics
- Facilitating effective communication
- Maintaining confidentiality
- Focusing of discussions
- Providing clinical guidance
- Logistical considerations

Earning Individual Hours in Group Consultation

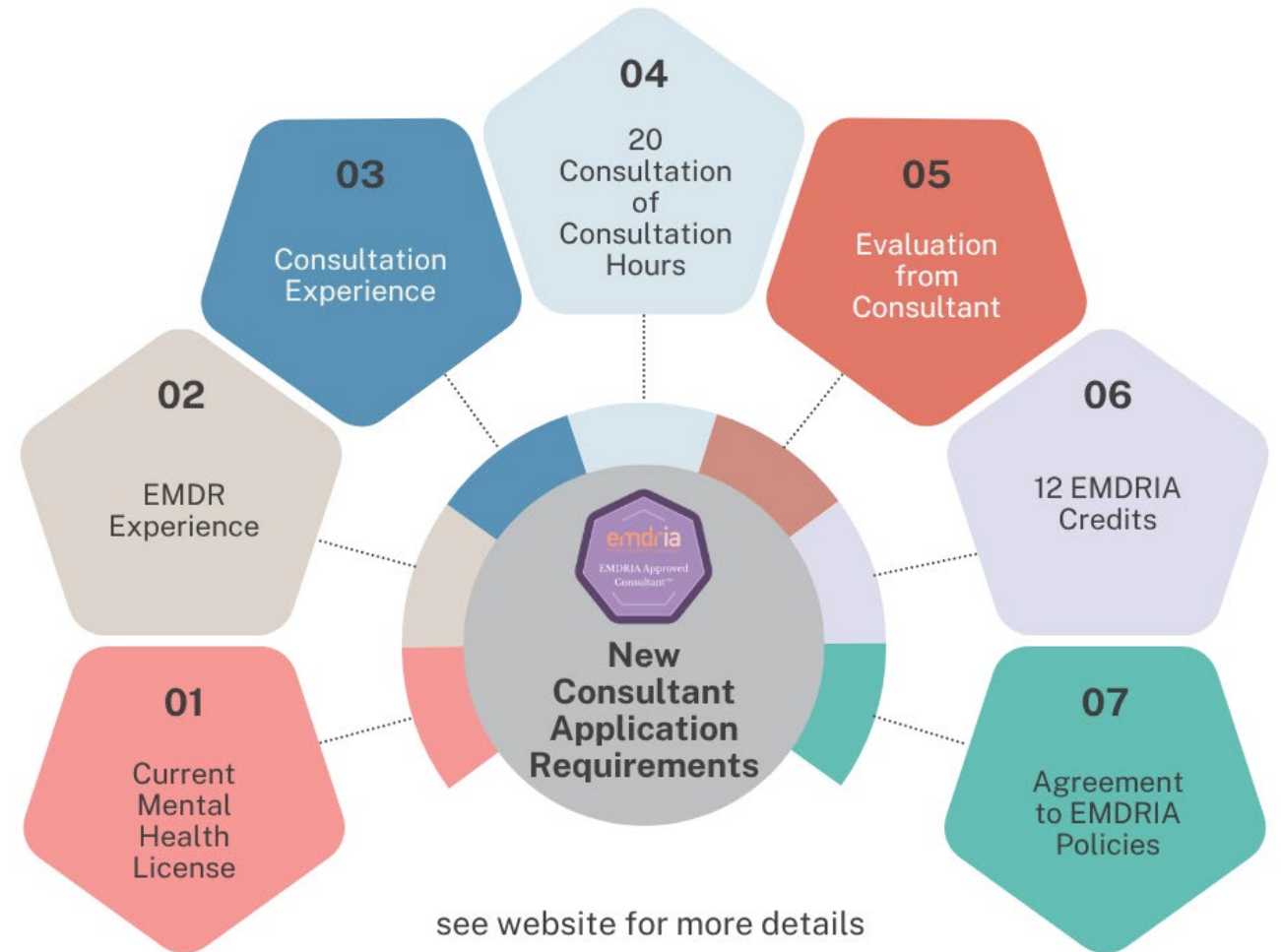
- Rationale
- Logistics

| 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 |
|--|--|--|---|
|  |  30 minutes |  30 minutes |  60 minutes |
|  |  30 minutes |  60 minutes |  90 minutes |
|  |  30 minutes |  90 minutes |  120 minutes |

Initial Consultant Application Requirements

Initial Consultant Application Requirements

More specifics in Informational Session on April 17



Summary of Today's Session

1. Overall Consultant Framework

- Importance of Consultation
- Goals of Consultation
- Consultant Roles
- Developmental Approach to Consultation

2. Development of Consultation Standards

- Surveys
- Focus Groups
- Literature Review

3. Consultant Expectations and Responsibilities

- Shifting Consultant Roles
- Consultant Requirements
- Consultant Expectations
- Group / Individual Consultation Hours

4. Initial Consultant Application Requirements

Questions and Answers

EMDRIA™ Staff



Thank You!



NEXT SESSION:

Thursday, April 9 - 12pm CT

“Consultant Standards Deep Dive:
Understanding the Evaluation
Framework”

Contact for additional information:



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[https://www.emdria.org/emdr-
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