

Earning CIT Hours by Leading a Consultation Session

To support the development of effective consultation skills, EMDRIA™ allows EMDRIA Approved Consultants in Training™ to earn a portion of their required consultation of consultation hours by leading a consultation session while being observed by the CIT's EMDRIA Approved Consultant™. This approach recognizes that both the live observation of the CIT providing consultation and the subsequent debriefing and feedback process are educationally valuable components of consultation of consultation.

Consultation Policy

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.

Calculating CIT Hours

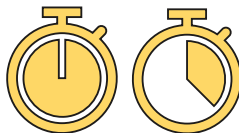
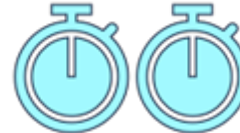
When calculating consultation of consultation hours, the CIT can count half of the total time leading a consultation session (observed time) as a portion of their consultation of consultation hours. The CIT's consultant must be present during the consultation session for the observed time to count. The following examples are provided to outline the conditions and limitations:

- If a CIT leads a 60-minute consultation session, a maximum of 30 minutes of the observed time can be counted as consultation of consultation. If the CIT and consultant debrief within the same day, a maximum of 90 minutes can be counted as consultation of consultation. This meets the policy of no more than two hours of consultation of consultation being conducted within a single day.
- If a CIT leads a 90-minute consultation session, a maximum of 45 minutes of the observed time can be counted as consultation of consultation. If the CIT

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and consultant debrief within the same day, a maximum of 75 minutes can be counted as consultation of consultation. This meets the policy of no more than two hours of consultation of consultation being conducted within a single day.

- If a CIT leads a 120-minute consultation session, a maximum of 60 minutes of the observed time can be counted as consultation of consultation. If the CIT and consultant debrief within the same day, a maximum of 60 minutes can be counted as consultation of consultation. This meets the policy of no more than two hours of consultation of consultation being conducted within a single day.

Consultation Session Run Time Led by CIT	Maximum Observed Time that can be counted	Maximum Debrief Time that can be counted	Total Consultation of Consultation Hours
60 minute session	 30 minutes	 90 minutes	 120 minutes
90 minute session	 45 minutes	 75 minutes	 120 minutes
120 minute session	 60 minutes	 60 minutes	 120 minutes