

Key Terms and Definitions

Consultant

The person providing the consultation. For the purposes of this document, the term consultant may refer to either an EMDRIA Approved ConsultantTM or EMDRIA Approved Consultant in TrainingTM.

Consultee

The person receiving the consultation.

Consultation

EMDR consultation refers to the process where an EMDRIA Approved ConsultantTM or EMDRIA Approved Consultant in TrainingTM engages with a consultee to review and enhance their use of EMDR with actual clients in practice. This consultation typically involves discussing case specifics, reviewing clinical techniques, addressing challenges, problem solving and discussion of clinical decision making within the EMDR therapy framework. The goal of EMDR consultation is to support the consultee's ongoing professional development (knowledge, skills and attitudes), improve therapeutic effectiveness and ensure the delivery of high-quality care to clients undergoing EMDR therapy.

EMDRIATM considers consultation to be developmental in nature, recognizing and building on the strengths of each consultee. Consultation is also a collaborative relationship between the consultant and therapist that includes observation, evaluation, self-assessment and feedback (Falender & Shafranske, 2004). This process enhances the focus and deliberative practice of specific competences.

Consultation of Consultation

EMDR consultation of consultation refers to the process where an EMDRIA Approved ConsultantTM engages with an EMDRIA Approved Consultant in TrainingTM to review and enhance their practice of providing consultation for EMDR with actual consultees in practice. This type of consultation typically involves discussing how the EMDRIA Approved Consultant in TrainingTM supports and provides feedback to their consultees. The EMDRIA Approved ConsultantTM provides feedback to the EMDRIA Approved Consultant in TrainingTM to ensure that their consultees' practice case

conceptualization and treatment planning consistent with the AIP model and adhere to the EMDR protocol. This consultation might include reviewing a variety of clinical and educational techniques to support the ongoing professional development of both the consultant in training and their consultees. This process supports the enhancement to deliver high-quality care to clients undergoing EMDR therapy. This process enhances the focus and deliberative practice of specific competences.

In cases where an EMDRIA Approved Consultant in Training™ provides EMDR case consultation during a group or individual session to another EMDR trained therapist and the EMDRIA Approved Consultant™ observes the session without needing a separate explanation of the consultation being delivered, a portion of that observation time may be counted toward the EMDRIA Approved Consultant in Training™ required consultation of consultation hours.

Because EMDRIA™ expects the EMDRIA Approved Consultant in Training™ to receive consultation on the consultation they provide to their consultees, only half of the time spent observing the EMDRIA Approved Consultant in Training™ providing consultation may be counted toward their consultation of consultation requirement. Further explanation can be found further down in the EMDRIA Approved Consultant™ Standards document.

Deliberate Practice

Deliberate practice is a structured, goal-directed approach to skill development in which specific areas of growth are intentionally identified, practiced with focused attention and refined through feedback and reflection. In EMDR consultation, deliberate practice involves targeted application of EMDR knowledge, skills and attitudes to strengthen competence and support continuous professional growth.

EMDRIA™ Approved Basic Training

An EMDRIA™ Approved Basic Training provides clinicians with the foundational knowledge and skills to use EMDR therapy. It provides therapists with a foundational understanding of case conceptualization and treatment planning, and a baseline to integrate EMDR therapy into their clinical practice. An EMDRIA™ Approved Basic Training provides, at a minimum, instruction in the current explanatory model, methodology and underlying mechanisms of EMDR through lecture, practice and integrated consultation. EMDRIA™ recognizes consultation as a

critical component of training, as it supports the integration of EMDR therapy into clinical practice with fidelity to the standard protocol. Consultation facilitates the development of clinical competence by allowing clinicians to apply EMDR therapy with clients under the guidance of an EMDRIA Approved Consultant™, receive case-specific feedback, address clinical challenges and refine procedural accuracy and clinical judgment.

EMDRIA Approved Consultant in Training™ (CIT)

An EMDRIA Certified Therapist™ who informs EMDRIA™ of their intent and begins working toward the EMDRIA Approved Consultant™ credential. A consultant in training (CIT) receives consultation of consultation from an EMDRIA Approved Consultant™. During this process, the EMDRIA Approved Consultant™ provides direction and input regarding the CIT's skills and abilities as a consultant.

EMDRIA Certified Therapist™

A mental health clinician who is fully licensed to engage in private, independent practice, has completed an EMDRIA™ Approved EMDR Basic Training, and has completed the EMDRIA™ requirements for certification.

Group Consultation

Group consultation includes at least two consultees in a formalized setting which is led by a consultant in a structured group format. The group comes together to discuss cases, share insights and seek guidance on the application of EMDR therapy. The consultant provides guidance to improve clinical skills and therapeutic outcomes. All consultees in the group are expected to actively participate and be prepared to bring their EMDR case presentation material content for discussion.

The focus of consultation is about applying EMDR therapy in real, clinical situations. Consultation groups are distinct from study groups or groups focused on special populations and alternative procedures/protocols, which may not be structured and may enrich the practices of those attending, but do not count for consultation hours toward certification.

Individual Consultation

Individual consultation includes a total of two individuals, the consultant and the consultee (1:1). Individual consultation hours can be accrued in a group setting under certain conditions—see information in the “Earning Individual Hours in a Group Setting” section of the EMDRIA Approved Consultant™ Standards document.

Professional Identity

Professional identity is the consultee's integrated understanding of their role, responsibilities, scope, authority and accountability as an EMDR therapist.

Developing professional identity is different than skill acquisition or protocol adherence alone. Professional identity emphasizes the consultant's role in helping consultees move from external validation toward internal clinical judgment grounded in the AIP model, ethics and reflective practice through the potential use of techniques like reflective questions, modeling clinical reasoning and naming developmental stages commonly seen during consultation.

Reflective Practice

Reflective practice is the intentional process of examining one's knowledge, skills and attitudes in professional work to deepen understanding and improve future performance. In EMDR consultation, reflective practice supports insight, ethical awareness, cultural humility and ongoing professional growth. It encourages thoughtful consideration of both strengths and areas of growth for practical application.

Standard Protocol

The standard protocol for EMDR therapy follows a three-pronged approach that targets the past, present and future. It focuses on past experiences driving current symptoms, addresses unresolved present triggers, and uses a Future Template to prepare for upcoming situations. This protocol is embedded within EMDR's comprehensive eight-phase treatment framework, which includes history-taking, client preparation, target memory assessment, desensitization, installation, body scan, closure and reevaluation of treatment outcomes. Standard protocol is rooted in the Adaptive Information Processing model (AIP), which provides the theoretical framework and principles for treatment.

Trainee

The person receiving the EMDRIA™ Approved Basic Training.