

Foundational Consultation (EMDR Basic Training)

Purpose	- Consultants extend the trainer’s educational process, ensuring consultation aligns with EMDRIA™-approved curriculum, procedures and learning objectives. - Consultation emphasizes implementation and initial application of standard EMDR therapy and the AIP model with real client cases.
Process	- Trainers connect trainees with consultants to fulfill EMDR basic training consultation requirements. - Trainers and consultants maintain clear communication on requirements, documentation and progress to ensure consistency, accountability and a cohesive learning experience.
Goals	- Consultation supports integration of EMDR therapy and development of EMDR therapy skills. - Goals include helping trainees safely and effectively apply EMDR in practice and retain and apply key concepts with real clients.
Expectations	- Consultants are expected to actively collaborate with trainers during EMDR basic training consultation. - Trainees receive individualized feedback on case conceptualization, readiness, target selection, treatment planning, skill application and integration across diverse settings. - Consultation deepens EMDR skills, enhances clinical effectiveness and supports a broader range of client outcomes. - Consultation focuses on applying the standard protocol before introducing more specialized applications.

Certification Consultation

Purpose	• Consultation deepens competencies beyond basic training, supporting integration of EMDR across diverse, ethical and culturally responsive contexts. • Hours emphasize proficiency and fidelity to the standard protocol, with appropriate modifications for safe and effective care. • Feedback is based on consultee material, direct observation or recorded sessions.
Process	• Consultants work with certification applicants to complete consultation requirements for the EMDRIA Certified Therapist™ credential.
Goals	• Certification consultation is collaborative and instructional, aimed at enhancing EMDR proficiency. • Consultants provide guidance and feedback to strengthen clinical decision-making and EMDR practice. • Consultants support refinement of case conceptualization and application of EMDR with confidence, flexibility and integrity.
Expectations	• Consultation emphasizes ethical, effective EMDR application across diverse populations, integrating all eight phases and addressing clinical challenges. • Video or live observation is preferred to assess skills and provide targeted EMDR feedback. • When observation isn't possible, alternatives include case presentations, transcripts, session summaries or reflective dialogue.

Consultant in Training Consultation

Purpose	• Consultation focuses on developing advanced skills, judgment and reflective capacity to guide other EMDR clinicians. • Consultation emphasizes the CIT's ability to provide consultation based on presented material, direct observation or recorded sessions.
Process	• Consultants mentor CITs in providing consultation, modeling effective feedback, ethical judgment and cultural humility. • Consultation involves focused meetings to develop competencies required for the EMDRIA Approved Consultant™ credential.
Goals	• Consultation is collaborative and instructional, designed to enhance the CIT's proficiency in EMDR consultation. • Consultants provide guidance, feedback and support as consultation skills develop. • Focus includes applying and analyzing information to strengthen consultation decision-making and adult learning support.
Expectations	• Consultation develops CIT knowledge, skills and attitudes to support deeper understanding of EMDR principles, build confidence and refine consultation skills. • Video or live observation is preferred to assess skills and provide targeted EMDR feedback. • When observation isn't possible, alternatives include case presentations, transcripts, session summaries or reflective dialogue.

EMDR Case Consultation (Not for Credentialing Purposes)

Purpose	• Consultation addresses complex cases to ensure EMDR interventions are applied appropriately and effectively. • This type of consultation is usually short-term and sporadic. • This type of consultation does not count for reaching an EMDRIA™ credential.
Process	• Consultation occurs when clinicians meet to discuss case-specific interventions, presentations or situations to support EMDR application.
Goals	• EMDR case consultation aims to enhance clinician proficiency through collaborative feedback and recommendations.
Expectations	• EMDR case consultation is not a formal, structured process for the purposes of credentialing – expectations are set by individual clinicians who are working together.