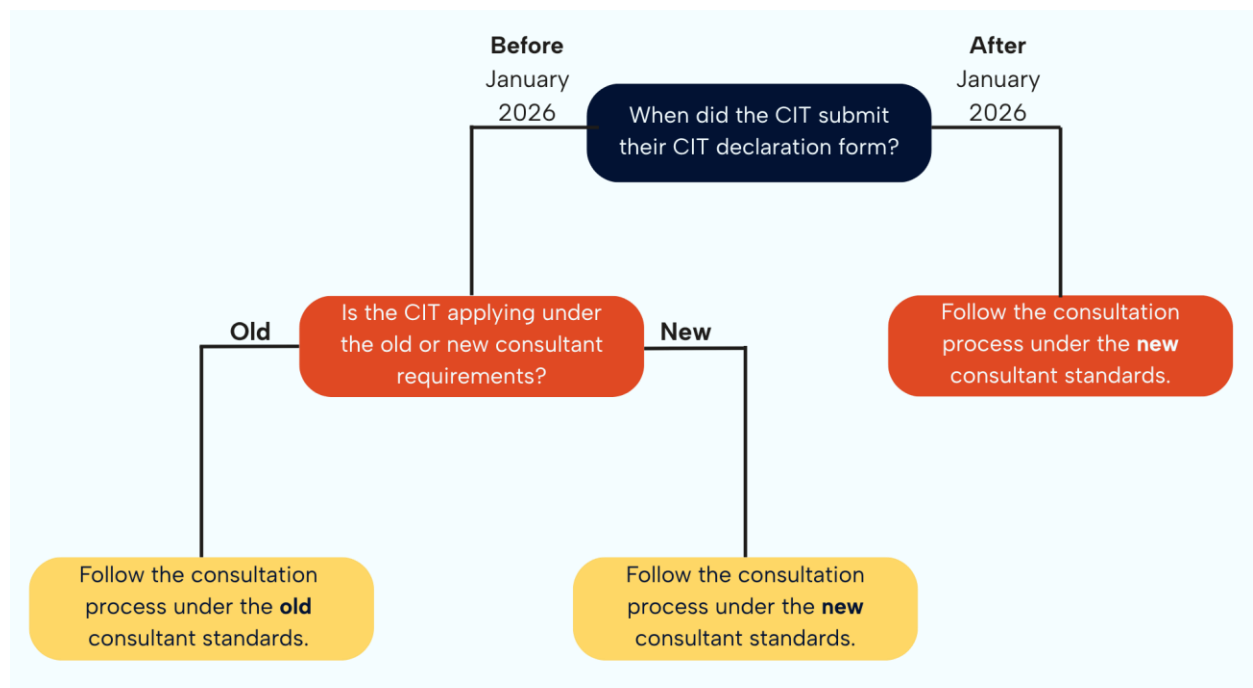


Choosing the Right Consultation Process for CITs

As an EMDRIA Approved Consultant™, it's important to know the consultation process and consultant requirements for your CITs. This resource helps determine the consultation process based on whether the CIT is applying under the old or new consultant standards and requirements.



Steps to Determine the Consultation Process

1. Determine when the CIT submitted the CIT declaration form.

If the CIT submitted their CIT declaration form **before** January 2026, the CIT has the option to apply for the consultant credential under the old or new EMDRIA Approved Consultant™ Standards and application requirements.

If the CIT submitted their CIT declaration form **after** January 2026, the CIT will apply for the consultant credential under the new EMDRIA Approved Consultant™ Standards and [application requirements](#).

2. If the CIT submitted the CIT declaration form before January 2026, determine if the CIT is applying under the old or new consultant standards and application requirements.

If the CIT decides to apply under the **old** consultant standards and application requirements, the consultant will follow the consultation process under the old standards. This means:

- The CIT will complete the requirements associated with the [old application](#).
- The consultant will follow the evaluation process associated with the [old application](#).

If the CIT decides to apply under the **new** consultant standards and application requirements, the consultant will follow the consultation process under the new standards. This means:

- The CIT will complete the requirements associated with the [new application](#).
- The consultant will follow the [evaluation process](#) associated with the new application.