

## Consultant in Training FAQs

### **Can I start working on my Approved Consultant application requirements before I am a Certified Therapist?**

- No, you must be an EMDRIA Certified Therapist before you can be considered a Consultant in Training and actively pursuing Approved Consultant status.

### **What is consultation of consultation?**

- Consultation of consultation is a collaborative relationship between an Approved Consultant (AC) and a Consultant in Training (CIT). The CIT explains and discusses with an AC the consultation that the CIT is providing to an EMDR trained clinician. The AC advises the CIT regarding the consultation that he/she is providing for EMDR clinicians.

### **Who can a CIT provide consultation for?**

- A Consultant in Training (CIT) can provide consultation to fulfill 15 of the 20 hours of consultation required to become EMDRIA Certified. To provide consultation for the 10 hours required to complete the initial EMDR Training, the CIT must contact the EMDR Training Provider directly. An EMDRIA Approved EMDR Training Provider may designate which AC's and/or CIT's may provide consultation hours to the trainees in their program.

### **How many hours of consultation can a CIT provide for someone seeking EMDRIA Certification?**

- Consultants in Training can provide 15 hours of the 20 hours of consultation required to become EMDRIA Certified. The remaining 5 hours must come from an Approved Consultant.

### **What are the fees for Consultation-of-Consultation?**

- Fees are set by individual Approved Consultants—not by the EMDR International Association.

### **What should I include in the documentation of hours for my consultee's Certification application?**

- Document the exact number of hours of consultation you provided.
- Explicitly state which of these hours were individual or group hours, and how many of each if both were used.
- Provide a date range that the hours occurred (to ensure that these hours begin AFTER a consultee's date of completion on their EMDR Training certificate).

### **What should I include in the letter of recommendation for my consultee's Certification application?**

- Identify yourself as a CIT and inform us which Approved Consultant you are working with.
- The letter should include the consultee utilizes EMDR and give background if possible about the consultee's demonstration of the AIP model and 8 phases of EMDR.
- The letter should include an evaluation statement from you recommending the consultee be approved for EMDRIA Certification.