



Information Package for Providing Consultancy to Applicants for EMDRAA Accreditation

As an EMDRAA accredited consultant, it is your responsibility to ensure the consultee has fulfilled the requirements for EMDRAA accreditation. As an accredited practitioner the requirement is that all phases of EMDR are delivered confidently and with fidelity.

This package provides a sample contract for agreement for EMDR consultation, to define expectations and clarify consultee and consultation roles. The fidelity scale (Cooper, R. Z., Smith, A. D., Lewis, D., Lee, C. W., & Leeds, A. M. (2019). Developing the Interrater Reliability of the Modified EMDR Fidelity Checklist. *Journal of EMDR Practice and Research*, 13(1), 32-50.doi:10.1891/1933-3196.13.1.32) is also included.

To streamline your support of a candidate, we require that you:

- View the applicant's training certificates
- Use the 25 clinical cases the candidate provides as discussion points and ensure the applicant is competent in all stages of the EMDR Therapy Standard Protocol.
- Explain the fidelity checklist at the beginning of consultation, along with the contract. Suggest the applicant may wish to video and score some sessions on their own.
- View a session (either video or in vivo) to score the candidate on fidelity checklist (can be with candidate's client or colleague as appropriate). Scores to be discussed in your recommendation with learnings noted.
- Have the candidate self-evaluate using the checklist on the application form to ensure that they feel competent across all areas, and sign off on this when you feel competencies are reached prior to candidate application for accreditation.

This package includes the following resources:

- Sample contract agreement for individual consultation
- Copy of EMDR Therapy clinical contact sheet
- Copy of Fidelity Rating Checklist
- Copy of the EMDRAA application forms for accreditation

Consultation definition

Consultation is not clinical supervision. Consultation focuses on development and mastery of standard EMDR therapy and integrating EMDR into one's clinical practice. The applicant remains responsible for the therapeutic relationship and the competency in the therapy they provide. Liability for their practice remains with them and the consultant does not hold liability for the applicant's practice.

If an applicant is seeking EMDRAA practitioner accreditation, the consultant will evaluate their proficiency and fidelity in relation to the 8 phase 3 pronged approach of standard EMDR therapy. If an applicant is seeking EMDRAA consultant accreditation, the consultant will evaluate their skills and knowledge of EMDR therapy, associated protocols and consultancy skills.

Consultation does not substitute for the teaching of foundational psychotherapy skills, which are a prerequisite for safe and effective therapy. Should concerns in this area become evident, the consultant may require these be addressed and remedied prior to writing a recommendation for Certification.

About Consultation

The following information provides an overview of the general structure of consultation and the expectations of the consultant and the consultee for the different consultation requirements. Please visit EMDRAA at www.emdraa.org for further information on these levels of membership.

What the consultee can expect of the consultant:

1. EMDRAA currently requires 20 hours of consultation to apply to be an EMDRAA Accredited Practitioner (10 of which are part of the basic training hours – therefore, only 10 further hours are required for Practitioner Accreditation). Clinical examples are required to demonstrate use of all 8 phases and 3 prongs of the standard EMDR therapy protocol. In addition, any concerns brought to the Consultee's attention by the consultant will need to be addressed prior to the application being signed off. If the consultee uses more than one EMDRAA Accredited consultant as part of his/her development and training towards Accreditation, signed documentation of the hours of consultancy with the other Accredited Consultant and the number of sessions the consultee has had with them, including in what format (i.e. individual, group, online, in person), must be provided. It is important to obtain an agreement to discuss your consultancy with the other consultant to ensure any areas of concern have been addressed.
2. The consultee is encouraged to seek consultation from other Accredited Consultants who may have expertise in areas that address their needs as a therapist more specifically.
3. The consultant will document the date, time, format, and brief session content for consultation and store this information to ensure client confidentiality for a 7 year period from the date of working together until the process is completed.
4. The consultant will complete the form/ letters of recommendation as needed for the Accreditation application, providing that the consultee has acquired the skills and knowledge base to be Accredited and has demonstrated the same. If the skills and knowledge have not been demonstrated, the consultant can provide written documentation of the time spent in consultation, the skills and knowledge demonstrated and areas for improvement. The consultant will address these areas during consultation as they arise.
5. The consultant will keep up to date with current literature, research, and changes within the field of EMDR Therapy and trauma treatment, and maintain professional development as required. The consultant will provide information and accommodate the consultee's learning needs as long as the need is within the Consultant's area of expertise and will refer the consultee to other consultants if they fall outside their area of expertise.
6. Consultancy appointments will be arranged as schedules allow. The suggested frequency is 1-2 hours per month.
7. The consultant will attempt to provide a safe and supportive learning environment. If the consultee has any concerns about this, they are advised to share them with the consultant who will endeavour to address them with consultee.
8. The consultant will view a video or in vivo demonstration during consultation of the consultee providing EMDR to a client or colleague as appropriate, in order to score the consultee on the Fidelity Checklist. The consultant will inform the consultee of fees for time viewing the video for this purpose, if applicable.

What consultant can expect of consultee:

1. The consultee is expected to come prepared to present case material (de-identified), with notes on that case, and clear questions for the consultant.
2. The consultee is expected to practice within ethical guidelines of both their registration and professional associations.
3. The consultee is prepared to submit a video for assessment by the consultant for fidelity, or be prepared to conduct a session with a colleague in group consultation (if appropriate) in order for the consultant to carry out this required assessment.

EMDRAA Membership and Designations

For EMDRAA Full Membership

1. Completion of EMDR Level One and EMDR Level Two EMDRAA approved training (40 hours of training).
2. Completion of 10 hours of individual or group consultation, being an active participant in this process, sharing case examples and contributing to group discussions. It is recommended that some consultation hours occur prior to EMDR level two training.

For EMDRAA Accredited Practitioner

1. Examples of the consultee's clinical work are essential to the consultation process, and include video, case notes, audio recordings, and/or live demonstrations (real client or demonstration with a colleague where appropriate and necessary). The consultee needs to obtain any necessary consent from clients. The video/ audio/ scripts must include the consultee's words and interventions.
2. The consultee will demonstrate proficiency and fidelity in applying the 8 phase, 3 pronged approach of standard EMDR therapy.

For Accredited Consultant

1. An Accredited Consultant has in-depth knowledge of EMDR Therapy and is capable of teaching others through consultancy or facilitation at trainings.
2. At least 20 hours of "consultation of consultation competency", where the ability and competency in providing both individual and group EMDR consultation is reviewed by an EMDRAA consultant.
3. Skills and ability as a potential EMDRAA consultant is assessed by having three videos or in vivo sessions of the applicant's clinical work submitted for review. The three sessions should show the applicant's clinical work, and providing group and individual consultation with other practitioners.
4. An EMDR consultant will expect the accredited practitioner working towards consultancy to demonstrate reflections of their provision of consultancy and identification of their own professional development needs, as well as ongoing reflections and development of their work as an EMDR practitioner.