

## How to Prep for 10 hours of Consultation for the Basic Course Completion

### Goals:

- To increase your understanding of the Adaptive Information Processing Model and the EMDR Approach to Psychotherapy.
- To increase your confidence in using EMDR with your clients.
- Keep the **Participant Skills Checklist** in front of you during consultation. This provides a list of things to master and will help you focus in on what you have mastered and what you still need to develop.
- For each *case* you present, prepare the **Targeting Sequence Plan Summary** and provide it to your Consultant.
- For each *session* of Reprocessing (Phases 4-6), complete the **Phase 3 Assessment Worksheet and Treatment Summary Notes**. Provide it to the Consultant.
- Identify your questions and needs and share them with the Consultant in advance or during consultation.
- Remove all identifying information from the forms you will send to ensure confidentiality of your case and only use first names when presenting. It will help immensely, to number each page of each case so that the Consultant can easily organize the material you are sharing (especially true if arriving by fax). Saves time.
- Let your Consultant know how you learn best. What is your learning style? What helps you learn? This is a team effort. Live practice is very helpful. Ask to practice with your Consultant.
- It is your job to keep track of your hours and have the **Consultation Sign-Off** form signed by your Consultant. Once it is completed, fax or mail it into the EMDR Institute to receive your certificate of the Basic Course Completion.
- Please pay at time of service by check or cash.
- Review the manual and your notes.
- Read Eye Movement Desensitization and Reprocessing: Basic Principles, protocols, and procedures. 2001.
- Sign up for the EMDR Institute Discussion list. Instructions are in your manual, attend local study groups, regional meetings, advanced trainings and the EMDRIA annual conference.
- Join EMDRIA.org
- Remember, you are in a learning curve. You are not yet a master of EMDR but becoming one. Mistakes are a great way to learn for everyone, so share them.

### What to Master before Weekend 2:

- Memorize the Overview of 8 Phases of EMDR Treatment. It has all 8 phases, purpose and procedures for each phase. It is in your training manual.
- Master the Weekend 1 Quiz - attached.
- The day before Weekend 2 begins, review the Participant Skills Checklist and identify what you do not yet understand.

## EMDR BASICS QUIZ

Developed by Nancy Errebo  
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1. What is the first and most important lesson of EMDR?
2. What is the mechanism of EMDR?
3. What is the model of EMDR?
4. What are the assumptions of the Adaptive Information Processing Model (AIP)?
5. What is the method of EMDR?
6. What are the eight phases of EMDR?
7. What are the three prongs of the Three-Pronged Protocol?
8. What are the seven steps of Phase Three: Assessment?

9. What are the characteristics of a proper NC?
10. What are the characteristics of a proper PC?
11. What are the characteristics of a completed EMDR target?

### **ANSWERS**

1. Stay out of the way of spontaneous processing.
2. We don't know.
3. The Adaptive Information Processing Model (AIP)
4. a) Memory networks are the basis of perception, attitude, and behavior.  
b) An inherent information processing system moves disturbance to an adaptive resolution.  
c) Dysfunction of the information processing system causes information to be dysfunctionally stored.  
d) With the EMDR method we ACCESS the dysfunctionally stored information, STIMULATE it with BLS, and MOVE the information to an adaptive resolution by linking negative memory networks with positive memory networks.
5. The Eight-Phase, Three-Pronged EMDR Protocol.
6. 1) Client history  
2) Preparation  
3) Assessment  
4) Desensitization  
5) Installation  
6) Body Scan  
7) Closure  
8) Reevaluation
7. a) Past  
b) Present  
c) Future
8. a) Image  
b) NC  
c) PC  
d) VoC  
e) SUD  
f) Emotion  
g) Body Sensation
9. a) Negative  
b) Self-referencing  
c) Present tense  
d) Irrational  
e) Generalizable  
f) Not a simple statement of feeling
10. a) Positive  
b) Self-referencing  
c) Present tense  
d) Generalizable  
e) Matches NC
11. SUD = 0, VoC = 7, Clear Body Scan