

**EMDRIA Consultant Consultee (CIT) Learning Objectives Checklist**

This list guides the Consultant in determining if the CIT has the knowledge to be recommend for consultant status. It is also recommended that the CIT utilize the Fidelity Checklists developed by Dr. Andrew Leeds.

Consultation experience has shown that CIT who do study and prepare for consultation move through the mastery process much faster than CITs who do not. This list can help the CIT improve their ability to self assess their own development as a CIT.

C-I-T \_\_\_\_\_ Start Date \_\_\_\_\_

\_\_\_\_\_ Consultation Agreement signed and in chart

**Clinician Readiness**

You have read the text Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures, 2<sup>nd</sup> edition by Francine Shapiro. If not, when do you anticipate completing this book? \_\_\_\_ Yes \_\_\_\_ No \_\_\_\_\_ Date

Other books you have read: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

You completed the EMDR Basic Training:

Wk 1 Trainer \_\_\_\_\_ When \_\_\_\_\_

Wk 2 Trainer \_\_\_\_\_ When \_\_\_\_\_

Documentation of completion of EMDRIA Certification to be provided to Consultant.

Prior to learning EMDR, what therapy models were you most aligned with?

\_\_\_\_\_  
What models are you most aligned with today? \_\_\_\_\_

\_\_\_\_\_  
Experience doing EMDR:

Are you actively providing EMDR consultation and able to present current work?

\_\_\_\_\_ Yes \_\_\_\_ No Plan \_\_\_\_\_

Have you gone to EMDRIA.org for credential requirements know what you are required to do? \_\_\_\_\_

What advanced trainings have you done? \_\_\_\_\_

\_\_\_\_\_  
Are you a current member of EMDRIA? \_\_\_\_ Yes \_\_\_\_ No

Are you on an EMDR Institute or other EMDR discussion list (recommended)?

\_\_\_\_\_ Yes \_\_\_\_ No Which \_\_\_\_\_

Are you attending a No Fee Study group (recommended)? \_\_\_\_ Yes \_\_\_\_ No

Other ways you are actively keeping yourself current in EMDR \_\_\_\_\_

---

---

How would you describe your learning style? \_\_\_\_\_

---

### **Beginning Phase**

Assess self as Consultant

Create a written consultation agreement

- define responsibilities for Consultant

- define responsibilities for Consultee

- set parameters for consultation: when, where, how long, who, fee

- Consultation vs Supervision vs Therapy clarified with Consultee

- Takes steps to protect confidentiality of client: no names or other revealing data brought to consultation

Record keeping

- meeting times

- how data was shared verbal, video, audio, other

- skills mastered

- skills to improve upon

Define meeting routine

- how time will be spent

- agenda setting

- consultation

- closure

  - were goals of consultee met today?

  - areas to work/ homework

Define how to present clinical data

- format (verbal, written, video),

- time allotted

Learning Objectives in writing reviewed with Consultee

What format:

list of objectives define by CIT

Fidelity checklist already published

Assess Consultee

determine the desired goals of the Consultee

determine EMDR developmental level

determine prior theoretical orientation

identifies and works with diversity issues gender, ethnicity

identifies learning style for Consultee and Consultant

strives to understand the Consultee work setting (type of caseload, support system)

Discusses how to handle concerns of the Consultee about relationship early on

Works to establish a secure working relationship

Creates an environment that promotes growth yet minimizes performance anxiety

### **Middle Phase**

Utilizes clear basic EMDR language congruent with the training program they completed

Provides consultation to the Consultee's training level, not over their training level. (If it seems necessary to teach above their training level, provides Consultee with references for their further reading)

Focus on how Consultee presents material in AIP terms

Encourages the use of raw clinical data (video, audio, verbatim transcript)

Interactive style vs lecture

Encourages Consultee to ask questions balanced with presenting their work

Encourages Consultee to define area of need for case presented

Invites self assessment of good work

After review of raw data, invites Consultee to point out their good work first

Encourages Consultee to articulate his/her reasoning for EMDR intervention chosen

Consultant acknowledges good work

Invites self assessment of areas for improvement

Anchors feedback in AIP, EMDR terms

Anchors feedback in appropriate phase, prong, protocol, special population

Assesses competency in each phase

Assesses competency in each prong

Assesses competency in special protocols most likely needed for Consultee's work setting

Assesses competency in special populations most likely needed for Consultee's work setting

Primary focus remains on the EMDR approach, not other approaches unless that is part of the agreement

When other theoretical models are introduced, can compare to EMDR/AIP and discuss reason for bringing in other model. Will give solid references to Consultee for further study

Closes meeting with checking to see if Consultee get what they needed

Closes meeting with plan for continued EMDR growth, goals for next meeting

Develops ways to get Consultee to focuses on areas of weakness, communicates plan to Consultee

Utilizes methods to see raw Consultee/Client data

Encourages Consultee to organize raw Client data in AIP terms

Encourages Consultee to give feedback to Consultant about how the work is going with Consultant

Creates a safe group

Establishes feedback process that is safe in an individual and group setting

Encourages group members to utilize safe feedback style

Manages group member who tends to monopolize

Manages group diverse capabilities of group members

Creates groups based on level of development whenever possible

Remediation plan – has plans to handle tricky situations:

Not integrating some component after several meetings where it is discussed

Low practice opportunity

Consultee has personal complications during course of consultation

Payment concerns

Conflict in personality of group members; effectively addresses

Conflict of style between Consultant and Consultee; effectively addresses

If relationship needs to end before Consultee goals are reached reasons are clarified

Allows Consultee to develop their own style

Manages time well

Encourages outside reading on EMDR and consultation

Encourages outside activities to pursue community building

### **Final Phase**

Encourages a professional appearance and presentation style

Assists Consultee in developing a continuing EMDR self development plan

Discusses ways for Consultee to develop their CIT practice

Helps Consultee create marketing plan