**PARTNERS IN EMDR TRAINING, PLLC**

KATHLEEN FITZGERALD, LCMHC, EMDR-APPROVED CONSULTANT 919-360-6473

ELIZABETH WEINHOLD, LCMHC, EMDR-APPROVED CONSULTANT 919-368-4557

180 Providence Road, suite 5, Chapel Hill, North Carolina 27514

trainingemdr@gmail.com

CONSULTATION CONTRACT:

 We are so glad you have chosen to work with us. We look forward to working with you as you complete the requirements for EMDR certification. To receive certification in EMDR, EMDRIA requires a minimum of the following:

 1) Completion of Basic Training in EMDR, Weekends 1 & 2, and the 10 hours of consultation.

 2) 20 hours of consultation which is delivered in a group format

 A) )10 hours are for your individual consultation,

 B) 10 hours are for group consultation

3) Demonstration of mastery of the competencies specified by EMDRIA. Showing mastery will include well planned out sharing of cases, with specified explanation of how you did specific EMDR skills, role-playing of specific EMDR skills, sharing video recordings of you doing EMDR.

 More important, than completing the hours of consultation, is showing mastery of the competencies set forth by EMDRIA for certification in EMDR. Our plan is to systematically go through the competencies, outlining each skill, and giving you time to practice and master each one, so that you have shown mastery by the end of the 20 hours.If after the 20 hours are complete, you have not yet mastered Basic EMDR competencies, we will set up another contract with specific tasks outlined. You will know exactly what skills are left for you to master for certification, so you can achieve your goal, which will require additional consultation sessions and payment.

 Once you have completed all that is required, we will assist you in gathering the necessary documents for EMDRIA, and we will write your letter of recommendation.

The Consultation process will be accomplished by: routine teleconferencing using Zoom, and face to face meetings (when appropriate). One or both of the Consultants will be present. depending upon the planned activity. During some of these sessions, you will be required to show videos of your work. We will talk about that as time goes on.

PRICING

We can deliver the consultations to you in two formats:

1. Dyads. You would commit to working through the entire process in conjunction with one other trainee. The price per person is $1800 ($90.00 per hour).
2. Triads. There may be unique cases in which triads may need to be formed. In these cases, 30 hours of consultation would be required in order that each individual meets the total requirement for 10 group/10 individual hours. We will discuss specific pricing with you if this is the case.

Meeting with your group is very important. Regular and routine sessions will be scheduled. The cost of the consultation includes the group meetings. If you miss scheduled sessions, for something other than emergencies, you will be charged for that session, and you will have to pay an additional charge to make up for that session. If you know you are going to miss meetings because of predetermined vacations, health issues or family issues, please let us know, and we will schedule so that you do not have to miss sessions.

We will start our work together on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

At that time, routine and regular appointments will be set up.

This may seem like a lot, but we will be there with you, and you will be so glad you did. You will feel confident and competent. You will know what to do with your clients. In addition, you will increase your referral base. We look forward to working with you and supporting you as you go through this process.

Sincerely,

Partners in EMDR Training

Kathleen Fitzgerald, EMDRIA Approved Consultant

Elizabeth Weinhold, EMDRIA Approved Consultant

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_date\_\_\_\_\_\_\_\_\_\_\_\_\_

**Required Basic EMDR Certification Competencies**:

EMDR Certification is given to those who demonstrate high levels of professional excellence and mastery of EMDR Basic Protocols. For us to approve you for EMDRIA Certification, you will be required to demonstrate mastery of the Basic Protocols for the 8 Phases of EMDR. Please refer to Addendum A. for a detailed description of the knowledge and skills required for Certification. Please refer to Addendum B. which is a copy of the Evaluation From that we are required to complete on your behalf, for EMDRIA.

You will be given homework assignments during consultations, such as developing Case Presentations or sharing EMDR-specific client interventions. We expect that you will email us any homework assignments at least 24 hours prior to the meeting in order that we are all best prepared for our sessions. You will role play, practicing different EMDR interventions.

You will show videos of your work. It is okay to use a friend or a colleague. In your video you will show your application of EMDR Phases III, IV, V, VI and VII.

I have read and understand the competencies I am going to work on and am required to master, as detailed in Addendum A.

Signatures: Consultee\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_date\_\_\_\_\_\_\_\_

EMDRIA Approved Consultant\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_date\_\_\_\_\_\_\_\_

**ADDENDUM A. Knowledge and Skills Required for Certification**

**Phase 1:**

**Knowledge: the focus of Phase 1:**

 The AIP. Why is it important, and what are the components of it?

 The importance of informed consent, and the aspects of an elevator speech.

 History taking? The goal of it?

 How do you do it? Floatback or Affect Scan what they are and when to use them, and why?

**Skills:**

 Tell your: Informed consent elevator speech.

 Demonstrate:

 How to do a Floatback

 How to do an Affect Scan

 How to tell your client what you are learning

 How to put together a treatment plan

 How to discuss it with your client

**Phase 2:**

**Knowledge: What are the mechanics of EMDR?**

 What is the purpose of stabilization?

 When do you do it?

 Discuss how you do it?

 What is RDI? Name 3 different ways to do it, and why?

**Skills:**

 Demonstrate:

 Container

 Safe Calm Place

 C. Lidov Body EMDR

 RDI

 Correct use of BLS

**Phase 3:**

**Knowledge:**

 **The goal of Phase 3:**

 The importance of each component

 The purpose of a NC, and PC

 The necessary components of a NC and a PC

 The reason for the sequence of the Assessment

 When you do Phase 3, and what to do immediately after completing Phase 3.

**Skills:**

 Demonstrate a FULL PHASE 3

 Does consultant include:

 Memory - was it clear? Was it specific? Was it a single memory? Did it make sense?

 Worst part

 NC - was it clear? Did it make sense? Did it meet each necessary component?

 PC - was it clear? Did it make sense? Did it meet each necessary component?

 Emotion

 SUD

 BODY Sensation

**Phase 4:**

**Knowledge: The components and goal of desensitization.**

How to use BLS. How to start Phase 4. How to take breaks, the reason for taking breaks. What to do in between each set of BLS.

How to guide the focus of each BLS set.

What looping, and blocked processing is.

How to proceed when a client loops or experiences blocks processing.

The importance of a cognitive interweave.

**Skills;**

 Demonstrate Phase 4:

 How to start.

 Correct use of BLS.

 Correct intervention in between sets of BLS

 How to intervene when there is looping, blocking and cognitive interweave

**Phase 5:**

**Knowledge**

 The reason for the Installation Phase

 The importance of a PC.

 How to do Phase 5

**Skills;**

 Demonstrate Phase 5, up to a VOC of 7.

**Phase 6:**

**Knowledge:** The purpose and reason for the body scan and the importance of the body sensations.

**Skills;**

 Demonstration of Phase 6

**Phase 7:**

**Knowledge;**

The reason for and the importance of closure.

When to close. Different procedures for closure depending on how the session is going.

How to close if a session is finished, or not.

**Skills:**

 **Demonstrate Phase 7**

**Phase 8:**

**Knowledge**:

The reason for and importance of Reevaluation

What to do if the previous session was not finished.

What to do if the previous session was finished.

The purpose of the Future Template.

**Skills;**

 Demonstrate how to use Phase 8 if the previous session was finished.

 Demonstrate use of Future Template.

 Demonstrate how to restart an unfinished session.

**Addendum B. EMDRIA Certification in EMDR Evaluation Form**

**EMDRIA Certification in EMDR Evaluation Form Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*Modified from the form on EMDRIA’s website*

***Circle number 1-5, 1 = Shaky and insecure; 5 = Strongly Competent***

1. Does the applicant understand the “mechanics of EMDR”?

 (e.g. seating, distance, stop signal, etc.)

 1 2 3 4 5

2. Does the applicant gather an appropriate history?

1 2 3 4 5

3. Does the applicant adequately assess the client for appropriateness for EMDR?

1 2 3 4 5

4. Does the applicant adequately prepare the client for EMDR?

1 2 3 4 5

5. Does the applicant administer the DES?

1 2 3 4 5

6. Does the applicant utilize the “safe place” effectively?

1 2 3 4 5

7. Does the applicant utilize RDI effectively when needed?

 1 2 3 4 5

 8. Does the applicant adequately explain the EMDR process to the client?

1 2 3 4 5

9. Does the applicant “stay out of the way” while processing with the client?

1 2 3 4 5

10. Does the applicant deal effectively with “looping and stuck processing”?

1 2 3 4 5

11. Is the applicant sensitive to different client populations?

1 2 3 4 5

12. Does the applicant provide sufficient closure for incomplete sessions?

1 2 3 4 5

13. Does the applicant utilize available resources for client support? (e.g. medical, family, social, community and religious, etc.)

1 2 3 4 5

14. Does the applicant utilize EMDR in a comprehensive treatment plan for the patient?

1 2 3 4 5

15. Does the applicant demonstrate creativity in the application of EMDR while maintaining the integrity of the basic protocol and sensitivity to transference issues?

1 2 3 4 5

Strengths:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weaknesses:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you, as an Approved Consultant (CIT), endorse this individual’s application to become Certified in EMDR? \_\_\_\_\_yes \_\_\_\_\_no

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

Signature of Approved Consultant (CIT) Date

**Addendum C.**

**EMDR Case Consultation Presentation Worksheet -**

**Case Presentation #1:**

**For Phase 1 and 2**

1. A two or three sentence bio on your client
2. Take time and answer the following questions:

What repetitive behavior did your client report that made you think there was trauma?

How did you decide your client was ready for EMDR?

Did you do an elevator speech? Briefly outline the important points.

What did you do to make sure your client could stabilize? Did you do Safe/Calm Place, or Container?

How did you do Safe/Calm Place and or Container?

How did you gather an EMDR Informed History?

Did you do a floatback? or an Affect Scan?

How did you do one or both?

1. present issue -
2. worst part
3. NC
4. body
5. emotions
6. What did you do with those pieces of information?
7. Briefly list the memories you heard.

f) What negative cognition do you think is uniting the behaviors?

g) How did you put the data you gathered into a cohesive treatment plan? How did you tell your client about this?

**Case EMDR Case Consultation Presentation Worksheet -**

**Case Presentation #2: Use for when you are reporting about a reprocessing traumatic memory session.**

1. The current issue bringing the client to therapy

A brief bio of the client (include, age, race, gender identification, living situation, job situation). Please keep it to 2 or 3 sentences.

A sentence about your case conceptualization (briefly describe the trauma based repetitive loop the client is in, and state the NC?

Did you do a floatback? List 2 targets.

2) Did you do Safe Place/ container/ orienting? What did you do?

3) The chosen memory for reprocessing - What is it? Explain it.

 The worst part -

4) The Negative Cognition -

5) The Positive Cognition

6) The validity of the cognition 1 - 7

7) The emotion

8) SUD 0 - 10

9) Body sensation

10) Reprocessing

Brief description - what happened?

Strategies applied for blocked processing or looping ( for ex use of Cognitive Interweave)

SUDs readings

11) Installation of Positive Cognition

12) Body Scan and closure

13) Was processing finished?

SUDs and VOCs at end of session? How did you close session?

14) Re-evaluation, and Future Template