



CONNER CONSULTATION

What you need to know about the EMDR Certification process

What is EMDR Certification?

- **The EMDRIA Certified Therapist™** is a credential you can obtain from **EMDRIA**. It is a voluntary advanced credential for licensed mental health professionals to demonstrate expertise in EMDR therapy beyond that of Basic Training. It requires an additional 20 hours of consultation (10 of which MUST BE individual sessions) from an EMDRIA Approved Consultant and extensive supervised practice which is demonstrated through written, audio, and visual examples of your practice of EMDR.

What do I need to know beforehand?

- You must sign a contract with me before your first consultation session. When you reach out to initiate this process you will be sent a contract to sign or you can find a copy of this document on my website. **Please read it thoroughly** as all of my expectations for the process are included as well as the price and payment information. You will not receive a recommendation from me if you do not complete all of my expectations. All forms you may need as well as payments can be completed on my website www.connerconsultation.com.
- **EMDRIA expectations** are as follows and can be found at www.emdria.org:
 - License: Must be a fully licensed mental health professional.
 - Basic Training: Completion of an EMDRIA-approved basic training program.
 - Consultation: At least 20 hours of consultation with an EMDRIA Approved Consultant (10 must be individual).
 - Clinical Experience: Conducted at least 50 EMDR sessions with at least 25 clients.
 - Continuing Education: 12 hours of EMDRIA-approved continuing education.
 - Renewal: Required every two years.
- **You are expected to practice EMDR throughout this process!**
 - You must present written, audio, and video examples of your practice of EMDR to your Consultant throughout this process. It is a vital opportunity for you to receive feedback and strive towards excellence in your EMDR practice.
 - You must present case conceptualization skills that can only occur through practice!

- **This is not a fast process!**

- Take your time! The level of Mastery required to be an **EMDRIA Certified Therapist**™ takes time, practice, and nurturing. Most consultees finish between 1-3 years based on their practice and motivation.

What is next?

If you are ready to start, send me an email and go on my website to purchase your first hour of consultation or Certification Level group spot. The forms that you need can be found on my site www.connerconsultation.com. You can also find my contract on there. Once you have signed, send it to me so that I can sign and return a copy signed by me. If you purchase an individual hour, I will send you an email requesting availability for direct scheduling and ask for your contract if you have not sent it to me via email at connerconsultation@gmail.com already.

If you have any questions, please reach out via email to connerconsultation@gmail.com.

I look forward to supporting you!

Maranda