

## Brief EMDR Case Consultation Prompts

EMDR case consultation is not the same as clinical supervision. Whereas clinical supervision explores a range of issues and foci related to therapeutic issues, EMDR Case consultation is meant to assist EMDR trained therapists with:

- applying AIP theory to case conceptualization and treatment planning
- applying EMDR therapy procedures and strategies for the effective and efficient use of the model.

Consequently, there is often not enough time to get into the nuanced details of a case as one normally would in clinical supervision. To assist with this, the following prompts and questions may be considered to assist in developing your case consultation questions. These are merely suggestions.

- What is your EMDR question / stuck point?
- How are you feeling about the case and your work with the client as you attempt to apply an AIP informed perspective?
- What is the case set up? E.g. Age, Gender, Ethnicity, Relationship Status, years in therapy & amount of time with this clinician, presenting problems
- What is the client's primary problem on which that they want to work? i.e. Selected core issue for AIP Treatment Plan
- Do you already have your AIP treatment plan developed?
- List targets that have been worked on (any portions of phases 3-6). Bring any phase 3 assessment worksheets and any phase 8.
- Bring session notes as related to your question. If relevant to your question, any particular reactions to safe place, container or any other resourcing done/attempted or notes detailing some of the reports between sets in the reprocessing phases.
- In some consultation settings it may even be worthwhile to bring a session recording for more specific feedback on the moment by moment application of the protocol or to brain storm cognitive interweaves (week-end 2) or other advanced strategies. Please let me know in advance if you would like to bring a recording to a group consultation environment.