

Participant's Agreement - EMDR Consultation
with Gretchen Mallios, LCSW
Certified EMDR Therapist & Consultant-in-Training

The focus of this professional consultation is the application of EMDR therapy. A candidate for **EMDR certification will be evaluated on their proficiency of Standard EMDR Therapy**, which includes maintaining **fidelity to EMDR's eight-phase and three-pronged approach** (Shapiro, 2018).

In order to use these consultation hours towards Certification, it is understood that I will be evaluated by Gretchen Mallios, LCSW, as an EMDRIA Consultant-In Training. I also understand that a minimum of five (5) consultation hours must be conducted by an Approved Consultant. I understand that I will need to provide samples of my clinical work (i.e., video or audio) using EMDR, which will be reviewed during individual consultation and/or in group consultation. The purpose is to demonstrate proficiency in the standard protocol and knowledge necessary for EMDR Certification.

I am aware that if Gretchen Mallios does not see the necessary proficiency of EMDR skills and abilities demonstrated in the minimum number of consultation hours (20), that more consultation time **may be needed**, and this would include the corresponding additional fees.

It is understood that neither Gretchen Mallios, as the Consultant-In-Training, nor other therapists/participants shall be construed as providing supervision to a participant on any specific case. While clinical possibilities will be discussed and ideas shared in relation to the clinical situations presented, the therapist is solely responsible for the clinical management of the client/patient and is expected to exercise his/her best judgment in all relevant clinical matters. I also understand that whatever information is presented in these sessions is to be kept confidential among the participants both during and after participation in the group.

A collegial atmosphere is advocated and will be fostered at all times during this process. In the rare event of a conflict, both Gretchen Mallios and I commit ourselves to resolve any issues in a professional manner. It is also understood that both Gretchen Mallios and I agree to abide by the code of ethics of the professional organization(s) to which we belong.

I understand that group consultation will occur if/when an adequate number of group members are scheduled and available to participate. The group consultation fee is \$45 per group; group length will vary from 60 to 120 minutes, dependent upon the number of attendees. Individual consultation sessions are \$120. If it is necessary to cancel a group or an individual session, consultee agrees to do so at least **24 hours in advance** to avoid paying for the cancelled session. I agree to pay by cash or check at the beginning of each meeting.

Please initial next to each statement to indicate your agreement with the terms of consultation for Certification:

I have received and reviewed the Consultation Packet, including the Skills Checklist, Skills Review, & Evaluation Form for EMDR Certification

I understand what skills need to be reviewed and demonstrated in order to receive a letter of recommendation for certification by Gretchen Mallios.

I have read and understand the Certification Requirements for Standard Protocol EMDR Therapy.

I understand that a letter of recommendation for Certification is acquired through demonstration of proficiency in Standard protocol of EMDR.

I have read and agree to the above policies.

Consultee's Signature

Date

Printed Name: _____

EMDRIA's Philosophy of Consultation

With the advent of Certification in EMDR and Approved Consultants in EMDR, EMDRIA has addressed many questions about the consultation process. EMDRIA has always sought to maintain the highest level of standards and training in EMDR. In keeping with this mission statement, EMDRIA endorses the following philosophy about consultation.

Consultation is a collaborative relationship between two mental health professionals. The consultant values the integrity and independence of the individual who is consulting with them. It is the applicant's client, and the applicant maintains primary responsibility for the decisions involving treatment. Therefore, the consultant only advises regarding the utilization of EMDR and never makes demands of the applicant beyond his/her (the consultant's) domain.

Consultation is not supervision. Supervision implies that the "supervisor" has primary responsibility for the client's outcome in treatment. In many states, the supervisee can only practice under the license of the "supervisor". The supervisor carries a legal, ethical, and clinical responsibility/liability for the supervisee.

Approved Consultants in EMDR provide up-to-date and relevant information regarding the utilization of EMDR for various client populations. The Approved Consultant recognizes his/her limits of competency and, when appropriate, will refer the applicant to another Approved Consultant who is more familiar with the client population for which the applicant is providing services. If the Approved Consultant has concerns about the applicant's readiness for Certification and/or Approved Consultant status, s/he has the responsibility to communicate such concerns early in the consultation process so appropriate corrective measures can be taken by the applicant (e.g., referral to another Approved Consultant in EMDR, remedial education, etc.)

