

**FALL  
2019**

# **FAQS - EMDR CONSULTATION**

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# FAQS

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## **THE NUTS & BOLTS**

Consultation and certification in EMDR can be a long process. Knowing the nuts and bolts of the process beforehand can help.

It would be impossible to anticipate and answer all of a consultee's questions in advance.

I've attempted to provide some answers to commonly asked questions here. Feel free to send me more at [info@gretchenmallios.com](mailto:info@gretchenmallios.com).

# GETTING STARTED

## **I want to become Certified in EMDR. What do I need to do to get the process started?**

Start by identifying a Consultant that you want to work with. Things to consider are their clinical area of practice, schedule, pricing, and Consultation method. Some questions to consider are: Does the Consultant practice in an area you currently work in? Is the Consultant available for consultation during hours and days that you are available? What does a consultation session cost? What does the Consultant require in order to be recommended or Certification? *Below are my responses to these questions.*

**My clinical area of practice:** Currently I primarily work with adults though I previously worked extensively with young children, adolescents, teens and parents. My focus is on attachment disruption, relationship issues, childhood abuse and neglect, Complex PTSD and the myriad clinical issues that stem from these challenges.

**My schedule:** I am available for EMDR Consultation Wednesday, Thursday and some Friday mornings. I also offer group consultations. You can check under 'Class Registration' to find the next scheduled group.

**Pricing:** Group rates are \$45/group. Individual consultations are \$120 per session. For those working in a non-profit, the individual consultation rate may be adjusted under certain terms.

**Consultation Method:** My approach to Consultation is guided by the standards set by EMDRIA as well as my own professional experience of developing my skills as an EMDR Therapist. In order to receive a letter of recommendation for Certification, the Consultee must demonstrate proficiency and understanding of the EMDR Standard Protocol. (8-Phase, 3-Prong protocol). Doing so requires that a Consultee provides audio, video, or transcript

samples of EMDR sessions done on Phases 3 through 6 and 8. These samples need to demonstrate accurate application of the Protocol. It is common that a Consultee needs to provide more than one sample of a phase or phases before the standard is demonstrated.

Additionally, a Consultee will need to complete and submit the EMDR Skills Review that is provided in the Consultation Package. Over the course of the Consultation work the answers will need to be reviewed and discussed. Having the answers written on the page is not enough to demonstrate proficiency. A Consultee is expected to be able to understand and discuss these concepts in Consultation.

### **How do I begin working with you as my Consultant?**

Once you have reviewed the FAQs and determined I may be a good fit for you, then we will schedule time to talk by phone and verify the consultation process. If its a good fit, then you would review and complete a consultation packet.

## **2/ BECOMING CERTIFIED**

### **Will I receive a letter of recommendation once I complete the required 20 hours of**

**consultation?** It depends. Along with completing the minimum hours of consultation, a letter of recommendation for Certification comes as the result of the demonstration of proficiency and understanding of the application of the Standard Protocol. I will do my best to point out how you are doing in your skill demonstration and areas for improvement in order to assist you in completing the minimum requirements within the 20 hours. However, I do not offer a guarantee that 20 hours of consultation will equate to a letter of recommendation. In many cases, more hours are necessary to demonstrate proficiency. It helps to think of consultation as an opportunity for professional development and learning. As a candidate for certification I probably received 30+ hours of consultation over the course of my EMDR studies. As a Consultant, I still attend consultations with advanced level practitioners.



## 3/BLENDING STRATEGIES

**In addition to EMDR, I also work with another therapeutic modality and I would like to blend these strategies. Can I work on that in my Consultation hours?**

It is not uncommon for a therapist to be trained and highly skillful in several clinical modalities. Common examples are IFS, SE, EFT, Somatic Therapy, etc... There is no reason that these modalities can not be complementary with EMDR. However, for the purposes of becoming certified in EMDR, the Consultee will need to demonstrate proficiency with the Standard Protocol. Apart from Phases 1, 2 and 7 and Cognitive Interweaves, EMDR Standard Protocol does not deviate significantly. Therefore, in order for consultation hours to count toward Certification, the time will be focused on Standard Protocol and its application.

I am available to consult on the use of Mind-Body techniques, Mindfulness, Somatic or Yoga techniques with application of EMDR. However, those consultation hours cannot count toward Certification in Standard Protocol.

**I am not working toward Certification but I do want to have some questions answered about my use of EMDR with clients. Are you available for consultation?**

Yes. Consultation is not just for certification. It is a great way to refresh and strengthen the skills introduced in Level 1 & 2 training. EMDR is a very robust and dynamic modality that can have remarkable treatment results. But it is as much of an art as it is a science. Working with an experienced EMDR clinician can help you find your craft.

## 4/NEWBIES

**I just got trained in Level 1 & 2. Should I start on consultation now or should I wait?**

The answer depends on your goals. If you are interested in applying EMDR Therapy to your work with clients immediately then consultation is a great way to begin to work through the questions and initial uncertainty that comes with applying any newly learned skill. If you feel you have a firm understanding of applying EMDR, based on the Level 1 & 2 trainings, then you may want to use it more independently. Once you feel you are not getting as much clinical gain from using it or you begin to have questions about its application, Consultation is a great resource.

Consultation is like anything, you get out of it what you put into it. So if you want to improve your skills with EMDR Therapy, then getting consultation and focusing on the skills you want to develop will pay off.

**I'm not licensed yet. Can I still go through consultation and certification?**

Pre-licensed clinicians can work with EMDR Therapy if they are trained in Levels 1 & 2. They can also get consultation to work towards certification. However, once they have met all the requirements for Certification they can not submit their application until they are fully licensed. So yes, you can get consultation if you are not yet licensed.