

Consultation Calls

INSTRUCTIONS

You are required to complete 10 hours of consultation to complete your training. You will have scheduled group times for these calls.

We would like for you to practice the standard protocol a minimum of **5 times** before the second weekend. If it will be difficult to find clients for this, we ask that you be open to finding friends, co-workers, or other therapists for you to practice on. *Please note that if you choose to use friends/co-workers/therapists, please select carefully and explain the EMDR process with the risks involved. They need to have an understanding of what could come up and consent to moving forward.

For the **1st consultation call**, we ask that you present a case conceptualization/treatment plan for 2 possible EMDR clients. Pick 2 clients that you are currently seeing and conceptualize their case utilizing EMDR.

- What first steps would you take with these clients?
- What events should you target with EMDR?
- What should you target first?

For the **remaining consultation calls** you will be expected to discuss your case/practicing sessions. You will be asked to provide the following:

- General/presenting issue for client
- Chosen target processed
- Image
- Negative Cognition
- Positive Cognition
- VOC
- Emotions
- SUDS
- Body sensations
- Ending SUDS
- If SUDS=0, Installation-starting and ending VOC
- Outcome of body scan
- Plan for following session with client (for either complete or incomplete sessions)

If you do not have cases to discuss, you will still be **required to participate** in other ways such as treatment planning and/or answering questions. Please come prepared for each call with your case notes or questions!