

Strategies for Facilitating EMDR – AIP Consultation

Jennifer Lendl

Dr. Shapiro considers consultants to be the shepherds of EMDR Therapy. They have “the responsibility in maintaining quality assurance and the high standards of practice in EMDR (www.EMDREurope.com).” In the U.S the titles “supervisor” and “consultant” are not interchangeable. The former is reserved for those licensed therapists who are responsible for the therapeutic work of those earning their degrees or obtaining hours for licensing. Consultants work with licensed therapists or those gaining their hours under someone else’s supervision. This is an important distinction. Consultants’ job is not to dictate to consultees, but to respect their expertise while sharing their own expertise in EMDR-AIP Therapy.

With the exception of some University Programs, most everyone has been trained in a primary psychotherapeutic approach other than EMDR therapy. Often this calls for consultants to be flexible and patient in gently guiding consultees through a very different perspective. They also must work across several levels from basic training to certification as practitioners and accredited consultants. They may also serve as specialty consultants. At all levels it is important to remember the basics of EMDR- AIP and evidence-based practice.

This workshop will help consultants to implement strategies to develop EMDR-AIP thinking skills, readiness to practice EMDR therapy, AIP – viewed clinical intakes, introduction to EMDR TX, stabilization, choices of BLS, and treatment planning. The workshop will include lecture, handouts, small group exercises, and discussions.

