**EMDR Consultation Agreement**

with Leslie Pertz, LMSW, PMH-C, NIC, PLLC dba, Peachtree Wellness

EMDR Certified Therapist and Approved Consultant

Welcome to consultation for EMDR with Leslie! The purpose of this agreement is to provide clarity around the goals, nature, and expectations of our work together. It is recommended that we discuss this agreement after you have read it to ensure we are on the same page, if you have any questions. Consultation is an essential element in the growth of any EMDR clinician as individuals gain competency and become more proficient in their work and application of EMDR therapy. Although both share the goal of education and professional development, consultation differs from the process of clinical supervision in which there is a legal responsibility for your services provided to clients.

I am an independent contract, faculty of Touchstone Institute and an independent network member of Institute for Creative Mindfulness. My consultation will follow these models of training; I am happy to familiarize myself with other training models, but I will ultimately follow training from the very similar models of Touchstone Institute and ICM. Whenever there is differing opinions (of training models) regarding how to handle any EMDR question, we will seek guidance directly from the most current edition of EMDR: Basic Principles, Protocols and Procedures, the foundational text by Francine Shapiro. If you are seeking consultation hours to complete your basic training (10 hours between or after part/weekend 1 and part/weekend 2), we will follow the manual and training you are receiving from the training group you have selected. If you are seeking consultation to refine and to improve your skill as an EMDR therapist, we will follow the most up-to-date research, knowledge, and clinical wisdom regarding your questions, from an Touchstone Institute/ICM framework.

If you are seeking certification, as an approved consultant, I can provide all hours of consultation toward the consultee’s certification process. However, it is recommended (although not required) that you seek consultation from at least one other consultant or consultant in training to hear varied teaching. Ten of the required 20 hours must come from individual consultation while the rest may come from group. Current fees for EMDR consultation, regardless of goals, with Leslie are, $30.00/one hour-long group or $60.00/two hour-long group, and $75.00/one hour-long individual. You will book a consultation from my Calendly schedule (link on my website). Once a consultation is scheduled, you will pay immediately. Once consultation fees are paid, they are not refundable; if you cancel with 24 hours notice, I will allow your paid fee to apply to a future consultation within 6 months of the cancelled consultation. Closed consultation groups are an exception; a six-month series is $450.00, paid in increments agreed upon with Leslie. No documentation of hours will be given until the series is complete and the fees have been paid; if you miss any month of consultation no rescheduling will be allowed and no refund will be given. For closed groups, documentation of completed hours can only be given of hours you attended. I do keep a list of approved consultants with whom I work, and who might be agreeable to provide you consultant hours, however, you are responsible to find your own additional consultant, and to get agreement from me on that consultant if you wish for me to write your approved consultant letter for certification. To be clear, booking a consultation with me is NO assumed agreement that I will ever write a recommendation to EMDRIA for you, I will only write these for people I agree meet criteria for EMDR certification. No refunds will be provided if I cannot recommend you for certification based on my perception of your skill in using EMDR; we will discuss early if I feel we are not a good match for consultation. I require at least 5 individual consultation hours with me before I can determine your readiness for certification.

EMDRIA requires consultees to receive feedback and instruction on an individualized basis in the areas of case conceptualization, client readiness, target selection, treatment planning, and application of essential skills and processes. I agree to provide ongoing feedback toward your mastery of the EMDR model and standard protocol. If there are any concerns around a consultee’s comprehension of concepts or deficits in skills, they will be brought to the attention of the consultee to support their continued development. We will discuss options early in the process to get the resources necessary to be successful which may include appropriate referrals for additional training or consultation.

Again, please be aware that a consultee *must* demonstrate mastery of the EMDR standard protocol to obtain a letter from me recommending certification. As such, consultees will be expected to verbalize mastery of standard protocol, target planning/selection, and selecting negative and positive cognitions when discussing case conceptualization. When presenting case material, please remove any identifying information about your client to ensure confidentiality. I will compose a letter of recommendation if the consultee exhibits the requisite skills and knowledge base to be certified through EMDRIA; this might take 20 hours, in some cases this might take longer than 20 hours of consultation. If these skills and knowledge base still need improvement, consultee will be provided with written documentation of number of hours spent in consultation along with strengths and areas still needing improvement.

Please notify what other consultants you plan to seek consultation from. Your learning experience can be enhanced if permission is given for both consultants to speak to each other.

**Expectations for approved consultant (Leslie):**

* AC will keep abreast of current trends, research, and changes happening with EMDR.
* AC will provide consultee with new information and guidance as long as it stays within the scope of AC’s knowledge and experience. Referrals will be made to other consultants if consultee’s needs are specialized.
* AC will work hard to schedule appointments that are convenient to both parties. Scheduled consultation times are typically flexible, but multiple missed/rescheduled individual consultations might require the consultee to seek consultation elsewhere.
* AC will make every effort to provide a safe and supportive learning environment. If there are any concerns, please communicate these to the AC so the issue can be addressed.
* **Expectations for Consultee:**
* Have completed an EMDRIA approved basic training. If you have completed a training with any other training provider that has not been approved by EMDRIA (this will be indicated on your certificate of completion), I am sorry but I am not able to provide certification consultation; additionally, you are not eligible for EMDRIA certification until you have completed an approved basic training.
* Consultee will keep track of hours of consultation provided by Leslie in a shared google doc Leslie will verify.
* Consultee may find an approved consultant or consultant in training to provide additional consultation for certification and will communicate to that consultant their work with me.
* Consultee will come prepared for individual or group sessions to present case material or with specific questions or areas of focus. It is important that you use the time efficiently to address any concerns while continuing to work on improving skills. If you are presenting a case, a formal case presentation template will be utilized with language and theory grounded in the AIP model.
* Consultee will read the Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures, 3rd Edition by Francine Shapiro. There are many other excellent texts on EMDR that may be recommended as well.
* It is highly recommended that the consultee learn the 8 phases, purpose of each phase and the intervention of each phase very early on in the consultation process as knowledge of this significantly enhances the mastery of EMDR. This will be one of the first pieces of knowledge the consultee will be expected to master. Memorizing the flow and suggested verbiage of important portions of the protocol will be helpful as well.
* Consultee is expected to adhere to the ethical guidelines of their profession associations and licensure.

The purpose of this agreement is to establish a clear understanding of the expectations of consultation. There are several different reasons a consultee seeks consultation. Which reason is of primary importance to you now?

\_\_\_\_\_To complete the 10 hours of consultation to meet EMDR basic training requirements

\_\_\_\_To gain knowledge regarding complex trauma, build confidence using EMDR, but not EMDRIA credential purposes

\_\_\_\_\_To achieve the EMDRIA Certification credential

\_\_\_\_\_Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your reason for entering consultation directs the type of consultation activities. As you develop, you may choose to change the focus of consultation. As soon as you decide to make changes in your focus, please let me know and we will discuss the change in activities or requirements at that time.

Consultee Information Full name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Degree: \_\_\_\_\_\_\_\_ License number and type: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mailing address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Work setting: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of clients per week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you able to utilize EMDR in your work setting? Y \_\_\_ N \_\_\_\_\_\_\_\_\_\_\_

Number of EMDR sessions per week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have a clinical supervisor? Y\_\_\_\_\_\_ N\_\_\_\_\_\_\_\_\_\_\_\_\_

If yes, is/are s/he/they trained in EMDR? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMDR Basic Training Info such as training provider, date completed, format (such as 2 weekends or 5-day intensive). Please upload certification of completion : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other notes or goals for consultation?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read, understand, and agree with the above conditions of this agreement:

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Signature of consultee Date

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Leslie Pertz, LMSW, PMH-C, NIC, PLLC Date

EMDR Certified and Approved Consultant

Peachtree Wellness, Owner