



## EMDR Individual Consultation Agreement

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### Agreement for Individual Consultation

#### Purpose

An agreement between **Christina Granados** (an EMDRIA certified consultant referred to in this agreement as "*Consultant*" ) and \_\_\_\_\_ hereafter referred to as *Consultee*. The intention of this agreement is to define the business relationship between Consultant and Consultee for providing Individual consultation.

#### Consultation vs Supervision

Consultation is not supervision and does not substitute for foundational psychotherapy skills. Consultation focuses on the mastery of standard EMDR therapy and integrating EMDR into your practice. Consultee is responsible for the therapeutic relationship with their clients and competency in the modalities consultee offers. Consultant is not liable for how the Consultee practices.

#### What the Consultee can expect of the Consultant

EMDRIA requires a **minimum** of 20 hours of consultation (at least 10 hours must be individual consultation) to apply for [EMDRIA Certification](#).

- Consultant requires work samples of all 8 phases and 3 prongs of the standard EMDR therapy.
- Consultee is encouraged to seek consultation from other consultants if they have a specialty area that fits your needs.
- Consultee will be responsible for tracking hours.
- Consultant will document consultation sessions.
- Consultant will write a letter of recommendation ***provided Consultee has acquired the skills and knowledge base to be certified.***
- Consultant will keep abreast of current trends and changes happening with EMDR and trauma treatment.
- Consultant will refer to other consultants if needs are beyond the consultant's scope.
- Suggested frequency for individual consultation is 1 hour per month.

#### What is expected of the Consultee

- Consultee is expected to come prepared to present case material. A case consultation form will be provided.
- Consultee will not include any information that will identify the case that is presented and the materials that are shared with Consultant.

- The Consultee is expected to practice within the ethical guidelines of both license and professional associations.

**For Certification**

- Consultant requires a **minimum of 10 individual consultation hours** prior to writing a letter of recommendation to submit for EMDRIA certification.
- Consultee must provide at least **one video recording of a processing session**. Consultee must obtain the necessary release from the client. In addition, the consultee will submit the following forms along with the video:
  - A case conceptualization (to be provided)
  - Target Sequence Plan/EMDR Treatment Plan (provided)
- Consultee will complete an open book short quiz.
- Consultee must be able to demonstrate proficiency and fidelity to the standard EMDR therapy and also an awareness of situations in which modifications to standard EMDR therapy are necessary in order to safely and effectively treat the client.
  - This may include reading and training outside of consultation. Consultant will discuss issues with Consultee as they arise.
- **It is understood that the Consultee may need to complete more than the number of consultation hours required by EMDRIA to demonstrate satisfactory fidelity.**
- If the skills and knowledge have not been demonstrated, the Consultee may request a written documentation of the time spent in consultation, and the skills and knowledge acquired, as well as the areas that still need improvement.
  - It is important to note that this document will not meet EMDRIA requirements for a letter of recommendation.

**Rates for Individual Consultation for Certification**

- The **1-hour** individual consultation is \$120 per hour. The rate will be valid for 12 months.
  - Consultee agrees to meet a minimum of 1 x a month for individual consultation.
  - If consultee needs additional support, additional consultations may be scheduled in increments of 30 minutes for \$50.
  - Cancellation of individual consultations requires **two business days** notice to avoid a \$50 late cancellation fee.
  - Consultee will schedule all individual consultations and submit payment through [Calendly](#).

As the consultee, you understand, and agree to the above conditions and expectations. This agreement must be signed by Consultee and Consultant prior to commencing individual consultation.

Email to Consultant by: \_\_\_\_\_

Consultee Signature \_\_\_\_\_ Date: \_\_\_\_\_

Consultant Signature \_\_\_\_\_ Date: \_\_\_\_\_