



## Good things to know when getting started in EMDR consultation

**Do I understand registration with EMDR? – You do not need to be registered but if you wish to here is what you need to know.**

**Associate registration** – Yet to have completed basic training

**Full Membership** – Full membership allows you to be listed on find a therapist EMDR.org

**Accredited Practitioner** – Application needs to be completed with an accredited consultant

**Accredited Consultant** – Application needs to be completed with an accredited consultant

**Accredited Trainer** – Application form is on the EMDR website

Joining EMDR allows you access so many free trainings and resources

### **Have you joined the EMDR Practitioner's Group Australia and New Zealand on Facebook.**

Search on FB and join the group, they will want to know a few details to make sure you have completed training.

It is an excellent way to start in the EMDR community and people are often looking for referral locations and who has space available.

They also share wonderful resources and you can ask any questions you may have.

### **Keep a log of consultations and clients who you do EMDR with.**

Keeping a log of consultation hours and how many clients you do EMDR with will be so very helpful if you choose an accreditation path in the future.

A client log can be de-identified – and the log starts when you introduce EMDR and talk about the therapy, not just when you start processing. Record the date you first talked about EMDR therapy and the presenting issues. The number of hours post this date can usually be gathered quickly from your client database system.

### **Organisation**

Create a file structure to easily find saved documents – EMDR has loads of resources and protocols that you will gather up. If you work in a specific area, you may gather a few resources that you want to refer to at times.

### **Free resources**

There are so many free resources to access before you pay for trainings. Ask your consultant for a list of free resources to help get you started. EMDR website has loads of free trainings and resources once you join.

### **Keep a note of questions for EMDR consultation.**

Keep a note on your phone or computer for quick reference. We've all had the mind blank when we turn up for consultation. When you have a question note it down for your next consultation and name your topics or questions at the start of consultation to make sure there is enough time to cover everything.

### **Think about how often you would like to meet with your consultant and book in advance.**