



EMDR International Association Approved EMDR Therapy Consultations

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CONSULTATION CONTRACT & AGREEMENT

1. OVERVIEW:

- A. EMDR Therapy Consultations offered in this plan will cover 10 hours of Individual Consultations and 10 hours of Group Consultations meeting the EMDR International Association Guidelines for Certification as is currently in force.
- B. If additional requirements are stipulated by the EMDR International Association in the future, this Contract will be amended accordingly
- C. The Consultation Fee for the Individual Consultations is \$120 for a 60-minute session or \$85 for a 90-minute session shared by two Consultees. Each 90 minute shared session counts as 1 hour per participant.
- D. The Consultation fee for a 90 minute Group Consultation is \$55. The Group is limited to 6 participants.

2. Individual Consultations:

- A) Individual Consultations is being offered in Dyads, where each participant will have 45 minutes in a 90-minute session. This will count as a 60 minute Individual Consultation for each participant.
- B) The participants can learn from each other's experiences and gain from a more intensive discussions in a longer session format.
- C) It is recommended that the consultees pair-up as a dyad through the consultation process so that they can follow each other's cases from session to session. They can also offer peer support and exchange ideas outside the formal consultations

3. Group Consultations:

- A) Group consultations are 90 minutes long.
- B) The Group size is limited to 6 participants with an average of 15 minutes for each participant.
- C) It is a great idea to stay with the same cohort of consultees through the consultation process but is not essential. This helps group members to offer support and exchange ideas with each other outside the formal consultations

4. Remote Video Conference Consultations

- A) All Consultations will be offered remotely through 'Zoom' Video Conferencing unless specifically arranged otherwise
- B) In order to participate in the Consultations remotely, the Consultee needs a Web Cam and a high-speed internet connection
- C) Consultees can participate in video conferencing using their computer, tablet, or even a smart phone
- D) Consultees are advised to use high quality webcam and wired or blue tooth microphone/headphone in order to have a quality video-conferencing experience

5. This Consultation Plan will be valid for 18 months from the effective date of this contract. This will require that the Consultee complete the 10 hours of Group and Individual Consultations in 18 months.

- A) Consultant will offer adequate time slots to accommodate the consultees, but it will be the responsibility of the Consultees to arrange their schedules to participate in the available time slots
- B) The Consultee will have to sign up for the consultations on 'ScheduleOnce' an online signup system in the available time slots on a 'first come-first served' basis.
- C) The scheduling page is embedded on my website www.emdrtrainingacademy.com and accessible to all without any login or password

