

Supervision and Consultation in EMDR Therapy

Anna Schott, LISW-S

Suzi Rutti, LISW-S

EMDRIA Certified Therapists & Approved Consultants

Objectives

- Identify the differences between supervision and consultation within EMDR Therapy
- Identify 5 major components of ethical issues that may arise in supervisory relationships
- Identify 2-3 examples of ethical dilemmas within the supervisory context of EMDR therapy

Supervision vs. Consultation

- **Supervision** - quantitative and qualitative evaluation of the supervisee's performance; professional guidance to the supervisee; approval of the supervisee's intervention plans and their implementation; the assumption of responsibility for the welfare of the supervisee's clients; and assurance that the supervisee functions within the limits of their license
- **Consultation** - a collaborative relationship between two mental health professionals. The consultant values the integrity and independence of the individual who is consulting with them. It is the applicant's client, and the applicant maintains primary responsibility for the decisions involving treatment. Therefore, the consultant only advises regarding the utilization of EMDR and never makes demands of the applicant beyond his/her (the consultant's) domain.

Types of Supervision

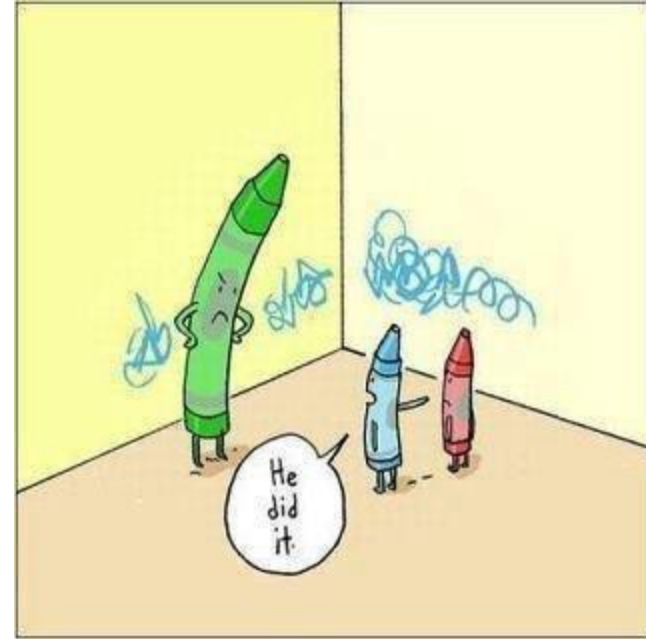
1. Administrative
2. Educational
3. Supportive



(NASW, 2013)

Supervision and Liability

- Responsibility and accountability
- Apply ethical standards to supervisory relationship
 - Competency
 - Cultural competency
 - Dual relationships
 - Confidentiality
 - Reporting
 - Liability
 - Shared liability of client services
 - Negligent supervision
 - Conduct of supervisees
 - Vicarious liability
 - Importance of understanding liability/responsibilities



Interdisciplinary Supervision

Guidelines for Supervising Non-EMDR Therapists

- Phase 1 - History Taking
 - Trauma informed versus trauma focused
 - Case conceptualization
- Phase 2 - Preparation
 - Resourcing
 - Grounding
 - Mindfulness

Scope of Practice in Supervision

- Competency as an EMDR Therapist
- Consultant-in-Training
- Approved Consultant Criteria:
 - EMDRIA Approved Training
 - Licensure
 - 3 years post EMDRIA Approved training
 - 300 EMDR sessions with at least 75 clients
 - 20 hours of consultation-of-consultation by an AC
 - Letter of recommendation from AC(s)
 - 2 letters of recommendation re: EMDR therapy
 - 12 hours EMDRIA Credits
 - Professional Code of Conduct

Contracting for Supervision and Consultation

- Purpose
- Considerations
- Examples of contracts



Competency as a Consultant

NASW Code of Ethics 3.01(a)

“Social workers who provide consultation should have the necessary knowledge and skill to supervise or consult appropriately and should do so only within their areas of knowledge and competence”

Case Discussion of Supervision versus Consultation

Boundaries in Supervision and Consultation

NASW Code of Ethics 3.01(b)

“Social workers who provide supervision or consultation are responsible for setting clear, appropriate and culturally sensitive boundaries”



**BEING A SUPERVISOR
IS EASY.
IT'S LIKE RIDING A BIKE.
EXCEPT THE BIKE IS ON FIRE.
YOU'RE ON FIRE.
EVERYTHING IS ON FIRE.**

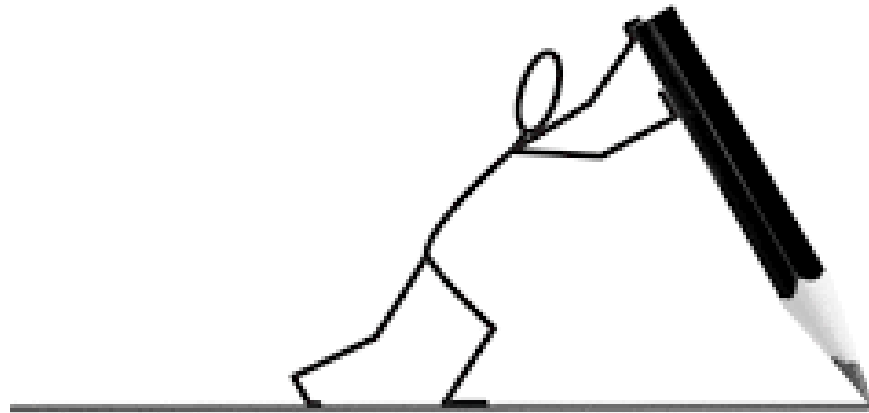
Boundaries in Supervision

Boundaries with supervisees/consultees

Dual relationships in the EMDR community

Self-disclosure in Supervision and Consultation

Where to draw the line



Safety in Supervision and Consultation

- Special considerations
- Special populations
- Dissociation

Case Discussion of Boundaries in Supervision

Supervision with Alternative Practice

Appropriateness for EMDR therapy

- Special populations
 - Dissociation
 - Children
 - Substance use

EMDR therapy as a therapeutic approach to treatment

- “My client isn’t ready for EMDR therapy”
- “My client isn’t appropriate for EMDR therapy”
- “I haven’t started EMDR therapy with my client”

Feedback in Supervision & Consultation

Providing feedback to supervisees/consultees

Expectations from supervisor/consultant for recommendations to EMDRIA

Tools for evaluation

- Case presentation
- Outcome measures
- Video
- Live consultation



Current Issues with EMDR Consultation

Consultation Packet (Draft):

https://cdn.ymaws.com/www.emdria.org/resource/resmgr/ctac_applications/consultation_packet_may_2019.pdf

Concerns from Consultees

- Consultants as “Gatekeepers”
- Standardization of evaluation
- Letters of recommendation
- Consultees “shopping around” for consultants

(Leeds, 2019)

Questions, Comments?

Contact Us

Anna Schott, LISW-S

Renew Wellness

287 W. Johnstown Rd.

Gahanna, OH 43230

annaschott@renew-wellness-center.com

<http://www.renew-wellness-center.com/>

Suzi Rutti, LISW-S

Rutti Counseling & Consultation, LLC

1200 W. 5th Ave. 102D

Columbus, OH 43212

suzanne.rutti@gmail.com

www.suzannerutti.com

Resources

NASW Code of Ethics: <https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English>

APA Code of Ethics: <https://www.apa.org/ethics/code/>

EMDRIA: <https://www.emdria.org>

Ohio Counselor, Social Work, Marriage & Family Therapist Board: <https://cswmft.ohio.gov/>

Institute for Creative Mindfulness: www.instituteforcreativemindfulness.com

International Society for the Study of Trauma and Dissociation <https://www.isst-d.org/>

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