

Innovating EMDR Consultation in Initial EMDR Training: a “Round Robin” Approach

Since Dr. Shapiro’s first trainings, different EMDR Training Institutes have used various group-consulting models to help students understand, assimilate, integrate and apply what they learn theoretically in the Levels One and Two of EMDR initial training.

Success rates for these models over the last 25 years has been difficult to evaluate.

EMDR Consultants often struggle with their students’ previously-integrated therapeutic paradigms in group consultation. Questions are answered and cases reviewed, but direct, ongoing supervisory work is generally limited to possibly watching a video (sometimes astutely chosen by the supervisee). As a result, EMDR consultants are often left to guess their students’ actual skills in understanding AIP and applying the protocol.

As part of one of the EMDR training institutes in France, the **EFPE** (*Ecole Française de Psychothérapie EMDR*), a **Round-Robin** learning program has been developed and tailored to take two to three hours within a normal five-hour group consultation slot. After understanding what is to take place, Supervisees in small groups of about six take turns as “therapist” for another colleague who is the “patient” in a real-time EMDR session (not role-playing). The trained EMDR Consultant deftly watches, simply asking “therapist” Supervisees to quickly change places, and intervenes as little as possible. A detailed feedback from Consultant and fellow students closes the practice.

This approach allows the trained EMDR Consultant to immediately see the strengths and challenges specific to each student. The rapid “turnover” allows supervisees to assimilate EMDR as a process *sui generis* where the therapist’s creativity and intuition are not foremost: this is an accelerated learning program to “get out of the way”, advice which appears to be one of the most difficult things for students previously trained in other therapeutic paradigms.

Participants (Trainers, Consultants, and Consultants-in-training) will learn by clinical explanation and demonstration.