

EMDR Career Path

Mental health professionals can explore a rewarding EMDR career with EMDRIA.

You can stop your journey at any point on the path that is right for you.

EMDR Trainer

As an EMDR Consultant, undergo an extensive application process to become an educator in the EMDR therapy field.

EMDR Trained

Complete an EMDRIA-approved EMDR basic training. This includes lecture, practice, and consultation. It equips you with the knowledge and skills to use EMDR therapy, but it is not a certification.



EMDR Certified Therapist

After completing your EMDR basic training, 50+ EMDR sessions with 25+ clients, 20+ hours of consultation, and 12+ hours of EMDRIA credits, you can apply to become an EMDR Certified Therapist.



CREDENTIAL



EMDR Consultant-in-Training (CIT)

Once certified, you can start your journey toward the EMDR Consultant credential. Fill out a form declaring your status and begin consultation-of-consultation (feedback from an EMDR Consultant on how you give consultation).

EMDR Consultant

After 3+ years of EMDR experience, 300+ sessions with 75+ clients, 20+ hours of consultation-of-consultation, and 12+ EMDRIA credits, you can apply to become an EMDR Consultant.



CREDENTIAL



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Join EMDRIA!

Find your professional home, get additional resources, and connect with other EMDR therapists.



www.emdria.org

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