

5 steps to being an amazing EMDR therapist



Intro

Being a conscious EMDR Trauma Therapist

It begins with you! No, you do not need to be perfect or know everything, but you do need some key ingredients that will help you regardless of where you are in your journey as an EMDR therapist.



Self- Energy

Find the place within you that is centered, compassionate, and curious, and be able to bring yourself back into this more expansive energy.

It's like finding your way home again and again.

02

Solid Foundation

Have a strong working understanding of how the Adaptive Information Processing (AIP) model and the 8 phases of EMDR therapy inform therapy in action with your clients.

03

Trauma- informed

Know how to hold space for trauma experiences and symptoms without taking it on as yours. Have a deep understanding of how trauma shapes a person's experience and how to offer an environment that promotes gentle realization and healing.

04

Intuitive & Attuned

A Self-led therapist is more connected and able to sense into their own and their client's energy. This is the sacred space where magic and alchemy happen. You can meet the client where they are at in a more meaningful way without an agenda, or ego, taking over.

05

Creative & Meaningful

Want to enjoy and find more meaning in the work you do in the world? Once you have a solid foundation, it is time to adapt, grow, tweak, & create your craft. This is the fun part, so enjoy it. This lowers burn-out and increases sustainability in our field of work.

Closing

Soul-Full Therapist Consultation

One of the secrets to more career satisfaction and success is really good consultation that resonates, feeds your soul, and helps you grow!

www.aglowcounseling.com/consultation