

## **PROFESSIONAL CONSULTATION AGREEMENT**

Consultation is a professional relationship between a treating clinician (Consultee) and a professional having experience, training, skills, knowledge, or expertise in one or more areas of practice (Consultant), which exists for the purpose of supporting the Consultee's clinical work relevant to the Consultant's areas of practice. Consultation can be provided as a one-time discussion for a specific clinical purpose; an ongoing relationship for professional training and development pertaining to the Consultee's clinical work in the Consultant's areas of practice; and/or a time-limited arrangement for the purpose of the Consultee attaining EMDRIA credentialing as an EMDR Certified Therapist.

### **About the Consultant**

My name is Kathryn (Katy) Gelinas, LPC. I hold a Master's degree in Clinical Mental Health Counseling from Regent University. I am board-certified by the National Board for Certified Counselors and licensed as a professional counselor in Connecticut (LPC #3103), a mental health counselor in Massachusetts (LMHC #12503), a clinical mental health counselor in Utah (CMHC #11785445-6004), and a clinical mental health counselor in Vermont (LCMHC #068.0135987TELE).

I hold an Advanced Certificate in Complex Trauma and Dissociation from the International Society for the Study of Trauma and Dissociation Center for Advanced Studies, which indicates that I have completed more than 100 hours of training (including 5 foundational live seminar courses) on the treatment of complex trauma survivors. The treatment approach taught by ISSTD is transtheoretical yet anchored in a psychodynamic, relational, attachment-focused lens, using the three-phase trauma treatment model (Stabilization, Trauma Processing, Integration) and an understanding of the neurobiology of trauma and the nervous system. In addition to professional training, I also strongly emphasize learning from voices of lived experience, such as memoirs, podcasts, books, trainings, and other resources created by people who have dissociative experiences.

I have been trained since 2018 in eye movement desensitization and reprocessing (EMDR) therapy. I am an EMDR Certified Therapist and EMDRIA Consultant-in-Training. (The EMDRIA Approved Consultant overseeing my EMDRIA consultation training is Farnsworth Lobenstine, LICSW.)

Additionally, I have been trained extensively on the integration of EMDR therapy with ego state therapy using George Fraser's Dissociative Table Technique (2003) and other ego state interventions for the safe and effective treatment of people with complex trauma and dissociation. For 5 years, I served as a practicum facilitator for experiential workshops teaching these skills to EMDR therapists on the training team for "EMDR, Polyvagal, and Parts Work Weekend Webinar" (presented by Farnsworth Lobenstine, LICSW and Paula Merucci, LCSW). I am trained in Clinical Hypnosis through the American Society for Clinical Hypnosis.

I have experience consulting and teaching workshops for other professionals on the topic of dissociative identity disorder and trauma treatment.

In addition to the tri-phasic trauma recovery model, EMDR, and ego state therapy, I draw from person-centered counseling, dialectical behavior therapy (DBT), cognitive therapies, acceptance and commitment therapy (ACT), clinical hypnosis, and sandtray therapy.

I have experience working with clients with trauma-related disorders, dissociative disorders, mood disorders, psychotic disorders, personality disorders, obsessive compulsive disorder, anxiety disorders, suicidality, self-harm, and addictive tendencies; people experiencing homelessness; members of the LGBTQIA+ community; and other helping professionals.

### **Consultation Process and Responsibilities of Consulatee and Consultant**

Consultation is typically scheduled as a one-hour meeting, although at times other arrangements may be made (for example, group consultation may be 90 minutes or 2 hours depending on number of members).

Prior to the first meeting, the Consulatee will be asked to provide initial learning goals or professional goals to guide the consultation experience.

Frequency of meetings will be determined by the goals of consultation, but most commonly occur on a monthly or biweekly basis. Group consultations may be scheduled as a series with specific dates.

The content of the discussion is determined by the stated learning goals of the Consulatee, who is expected to come prepared with specific questions, case presentations, session recordings/transcripts to review, or topics for learning.

The Consultant will provide a supportive and safe learning environment. The Consultant may provide feedback through didactic teaching, review of resources and assigned readings, facilitative dialogue and exploration of the Consulatee's experiences in their clinical work, modeling or role play of skills and techniques, or other approaches as agreed upon by both parties. *EMDR Certification Consultation includes additional components, detailed on page 4.*

### **Limits of Liability**

The Consulatee retains full responsibility and autonomy in their clinical work according to the scope of practice determined by their own licensing board, including the therapeutic relationship with their clients and competency in any modalities utilized. The Consultant's feedback and suggestions must be considered carefully within the context of specific client factors. If the Consulatee has any concerns about the appropriateness of a specific intervention for any client, they should carefully weigh the risks and benefits before applying the technique or approach, and it is recommended to discuss any concerns with the Consultant before proceeding. The Consultant holds no liability for any actions of the Consulatee.

### **Fees & Meetings**

The consultation standard fee is \$100 for individual consultation sessions. A discounted rate is available for students and pre-licensed clinicians. Group consultations are charged as advertised based on length of meetings. Payment is accepted by check or online credit card payment and is due at time of service.

Meetings may be held virtually or in-person, as agreed upon.

24 hours' notice is required if the Consultee needs to cancel or reschedule a meeting. Late cancellations or no-shows will be charged the full fee except in cases of emergencies or sudden illness.

### **Confidentiality of Client Information**

While HIPAA does allow professionals to share information with other professionals for the purpose of consultation, the Consultee agrees to disguise case information to avoid unnecessary disclosures of personally identifying information about their clients. If a client agrees to have their sessions recorded or transcribed for training and consultation purposes, the Consultee will obtain an appropriate signed release for this purpose from the client.

### **Ethics**

Consultees agree to abide by the laws and Code of Ethics relevant to their profession. The Consultant is held to the Code of Ethics of the American Counseling Association, National Board for Certified Counselors, and the EMDR International Association.

### **AGREEMENT**

I agree that I have read, understood, and agree to the information and policies detailed in this disclosure statement and I consent to receive consultation services.

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Consultee Signature

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Date

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Consultee Printed Name

Consultant: Kathryn Gelinas, MA, LPC, EMDRIA Consultant-in-Training  
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### **Consultees Seeking EMDRIA Certification**

EMDRIA currently requires a minimum of 20 hours of consultation (at least 10 hours must be individual consultation) to apply for EMDRIA Certification. I can provide 15 of the 20 hours as a Consultant-In-Training; the remaining 5 hours must be completed with an Approved Consultant. Consultees are encouraged to consider utilizing multiple consultants for a range of experience and feedback.

EMDRIA requires Consultants to vouch for your mastery of the 8 phases and 3 prongs of the standard protocol in order to recommend you for certification. If there are concerns about any areas of performance, the Consultant will need to see growth and evidence of proficiency prior to providing a letter. For these reasons, at least 5 hours of consultation are required prior to writing a letter of recommendation.

The Consultant will document and track consultation hours and will retain documentation for a 5-year period from the last consultation date. The Consultant will write a letter of recommendation if you have acquired and demonstrated the skills and knowledge base to be Certified. If the skills and knowledge have not been demonstrated, the Consultant can provide written documentation of the time spent in consultation, the skills and knowledge acquired, and the areas still needing improvement. We will discuss any issues as they arise, especially if you are having difficulty.

The Consultant will keep up to date with current trends and changes happening with EMDR and trauma treatment and will provide Consultees with new information and accommodate your needs as long as it stays within the scope of the Consultant's knowledge. The Consultant will refer to other consultants if your needs are beyond their scope.

Examples of clinical work are essential to the consultation process. The Consultee will need to provide samples (near-verbatim transcripts, videos, or audio recordings) of client sessions and obtain the necessary releases from clients. The verbatim/video/audio must include the Consultee's words and interventions. When recordings or transcripts are not available, the Consultee may use the case presentation template to discuss a case and client progress.

The Consultee will need to demonstrate proficiency and fidelity to the standard EMDR therapy and also an awareness of situations in which modifications to standard EMDR therapy are necessary in order to safely and effectively treat the client. This may include reading and training outside of consultation. Should concerns become evident in foundational psychotherapy skills, I may require that these concerns be remedied prior to writing a recommendation for Certification.

A separate document outlines the expectations EMDRIA provides for Certified Therapists ("Certification Consultee Evaluation Form"), available on my website:  
<https://undividedsoulcounseling.com/emdr-certification>