

CLINICAL & EMDR CONSULTATION

✦ Connection and support is the foundation to many things, including becoming the clinician you desire. Whether you're looking to grow in your EMDR therapy journey or improve your clinical skills, it helps to have another person to support your development. ✦
In consultation, I provide my perspective to therapy, draw on my extensive experience with clients, and help clinicians, especially those working with BIPOC clients, determine your own style in a way that will continue to feed your excitement about the field. ✦
I welcome you to read more about my professional experience on my LinkedIn. ✦

About My Practice:

I started my therapy career in 2008 and became licensed in 2013, never having heard of EMDR therapy. At the time, CBT was the dominant approach- especially in the nonprofit spaces I worked in. But when I finally trained in EMDR in 2020, I came away... unconvinced. The training lacked the cultural awareness I needed to feel confident bringing this work to my clients.

What changed things for me? Experiencing EMDR therapy myself- and receiving consultation from Black women therapists who got it. That support made all the difference.

Now, I offer that same culturally grounded space for other clinicians practicing with BIPOC clients- especially those navigating skepticism, self-doubt, or the feeling that EMDR training just didn't speak to you. Whether you're newly trained or still trying to find your voice in using EMDR with your clients, I'm here to help.

I offer consultation with a focus on cultural attunement, safety, and helping you find your way of practicing EMDR.

Thanks for letting me be part of your growth. Let's build something real together.

My Therapy Clients:

Most of my clients are Black and Brown individuals seeking support for anxiety, depression, relationship challenges, the grief of friendship loss, complex family dynamics, stress management, and healing from trauma. Many are also looking to deepen their understanding of their identity and how it shapes their experiences.

Together, we work toward goals like emotional regulation, building self-acceptance, and strengthening attachment—both to others and to self.

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Clinical Consultation:

I also offer basic clinical consultation for clinicians who are not trained in EMDR and want consultation for a specific case. Due to my experience working with a variety of clients including children, adolescents, adults, families, and couples, I can assist you with brainstorming strategies to help your clients and continue to progress in your own practice. (This differs from supervision as you are still responsible for your clients and the therapy you provide.)

Understanding EMDR Therapy Consultation:

You must be licensed and have completed the EMDR therapy basic training. I am a Consultant-In-Training. According to the current application for certification, you can receive 15 of your 20 consultation hours from a Consultant-In-Training.

What we can focus on together in consultation:

- Integrating EMDR therapy into your current practice in a way that feels authentic to you
- Developing language and strategies to introduce EMDR to your existing clients
- Identifying ways to make your clients feel safe and comfortable with EMDR practices
- Reflecting on your personal experience delivering EMDR and identifying areas for growth
- Building your confidence in using EMDR with a variety of clients and presentations
- Reviewing foundational EMDR concepts, including phases, procedures, and protocols
- Deepening your understanding of trauma, attachment, and how they relate to EMDR work
- Exploring how to incorporate other modalities and culturally responsive approaches alongside EMDR
- Receiving case-specific consultation to support your clinical decision-making
- Working toward EMDRIA Certification with guided, supportive consultation hours

Rates:

Individual Consultation Rate: \$120 per consultation meeting (1 hour)
Group Consultation Rate: \$65 per group consultation meeting (2 hours)

LET'S TALK ABOUT HOW THIS FITS YOUR GOALS!
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