

# CIT Quick Start Guide

Ready to begin your journey toward becoming an EMDRIA Approved Consultant in Training™? This Quick Start Guide walks you through the essential first steps so you can plan ahead, stay organized, and move forward with confidence.

## STEP 1

### Review the Requirements

Know what's expected before you begin.

- Review [Consultant Standards](#)
- Review [Consultant Application Requirements](#)

👉 *Understanding the requirements early helps you plan your timeline.*

## STEP 2

### Secure a Consultant

Establish your professional support.

- [Identify an EMDRIA Approved Consultant™](#)
- Enter into a contract agreement

👉 *Your consultant will guide and support you throughout the process.*

## STEP 3

### Inform EMDRIA of Your Intent

Let us know that you're starting.

- Complete the [CIT Declaration Form](#), and
- Receive confirmation back from EMDRIA

👉 *This ensures you receive the correct guidance and resources.*

## STEP 4

### Complete Required Consultant Courses

Complete the two required courses.

- [Courses](#) are part of the consultant application process
- Courses count towards the EMDRIA Credits requirement

👉 *Completing these courses early in the process prepares you for what's expected of a consultant.*

### **You're ready to move forward!**

*Once these steps are complete, you're prepared to continue progressing through the consultant application process with confidence.*



Learn more at:  
[emdria.org/emdr-training/emdr-consultant/](https://emdria.org/emdr-training/emdr-consultant/)

