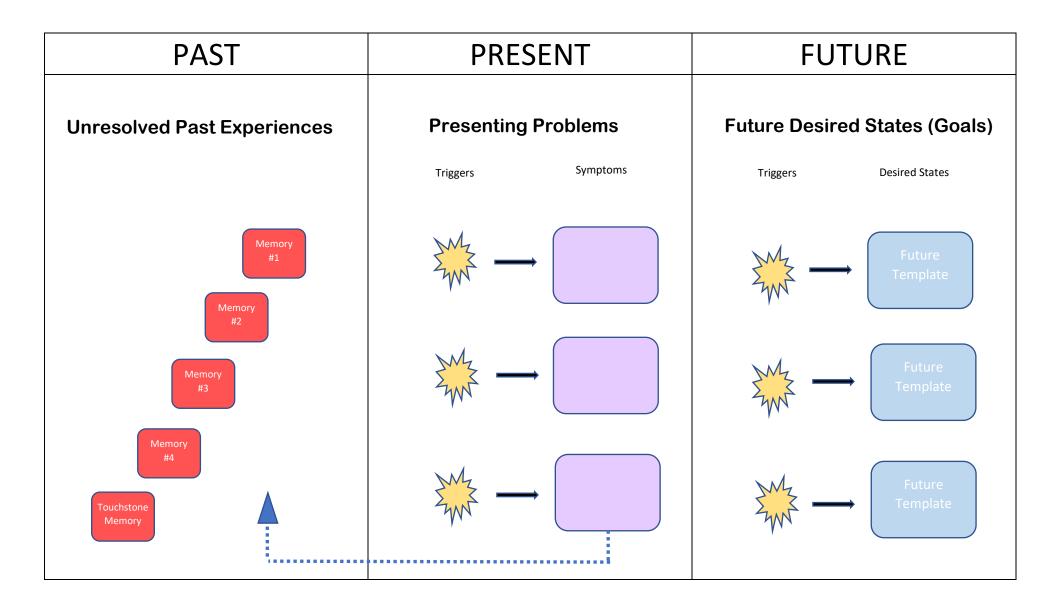
EMDR THERAPY



Christie Sprowls, PsyD, EMDR Institute Senior Trainer, EMDRIA Approved Trainer, EMDRIA Approved Consultant & Christine Molina, LCSW, EMDRIA Approved Consultant © Sept. 2018, Revised Nov. 2020. All rights reserved. This handout or any portion thereof cannot be reproduced or distributed without affording the authors credit for their work. Reference: Eye Movement Desensitization and Reprocessing (EMDR) Therapy by Francine Shapiro, PhD. www.drchristiesprowls.com / www.christinemolinacounseling.com Page 1

EIGHT PHASES OF EMDR THERAPY

PHASE 1: HISTORY TAKING	 Develop a case conceptualization and treatment plan: → Obtain background information and assess client's clinical picture → Identify suitability for EMDR treatment → Identify targets from clients positive/negative life events 	
PHASE 2: PREPARATION	Prepare appropriate clients for EMDR memory processing Stabilize and increase access to positive states	
PHASE 3: ASSESSMENT	"Light up" (assess & stimulate) components of memory for a target	
PHASE 4: DESENSITIZATION	Process target with BLS to SUD=0	
PHASE 5: INSTALLATION	Install positive cognition with BLS to VoC= 7	 Process Targets in Treatment Plan: Past memory targets (use script for phases 4-7)
PHASE 6: BODY SENSATIONS	Process body sensations with BLS to no disturbance	 Present trigger targets (use script for phases 4-7) Future templates (use future template script)
PHASE 7: CLOSURE	Close down the processing session	
PHASE 8: REEVALUATION	Assess progress on goals, presenting issues, and processed target(s)	

Christie Sprowls, PsyD, EMDR Institute Senior Trainer, EMDRIA-Approved Trainer, EMDRIA Approved Consultant & Christine Molina, LCSW, EMDRIA Approved Consultant © Sept. 2018, Revised Nov. 2020. All rights reserved. This handout or any portion thereof cannot be reproduced or distributed without affording the authors credit for their work. Reference: Eye Movement Desensitization and Reprocessing (EMDR) Therapy by Francine Shapiro, PhD. www.drchristiesprowls.com / www.christinemolinacounseling.com Page 2