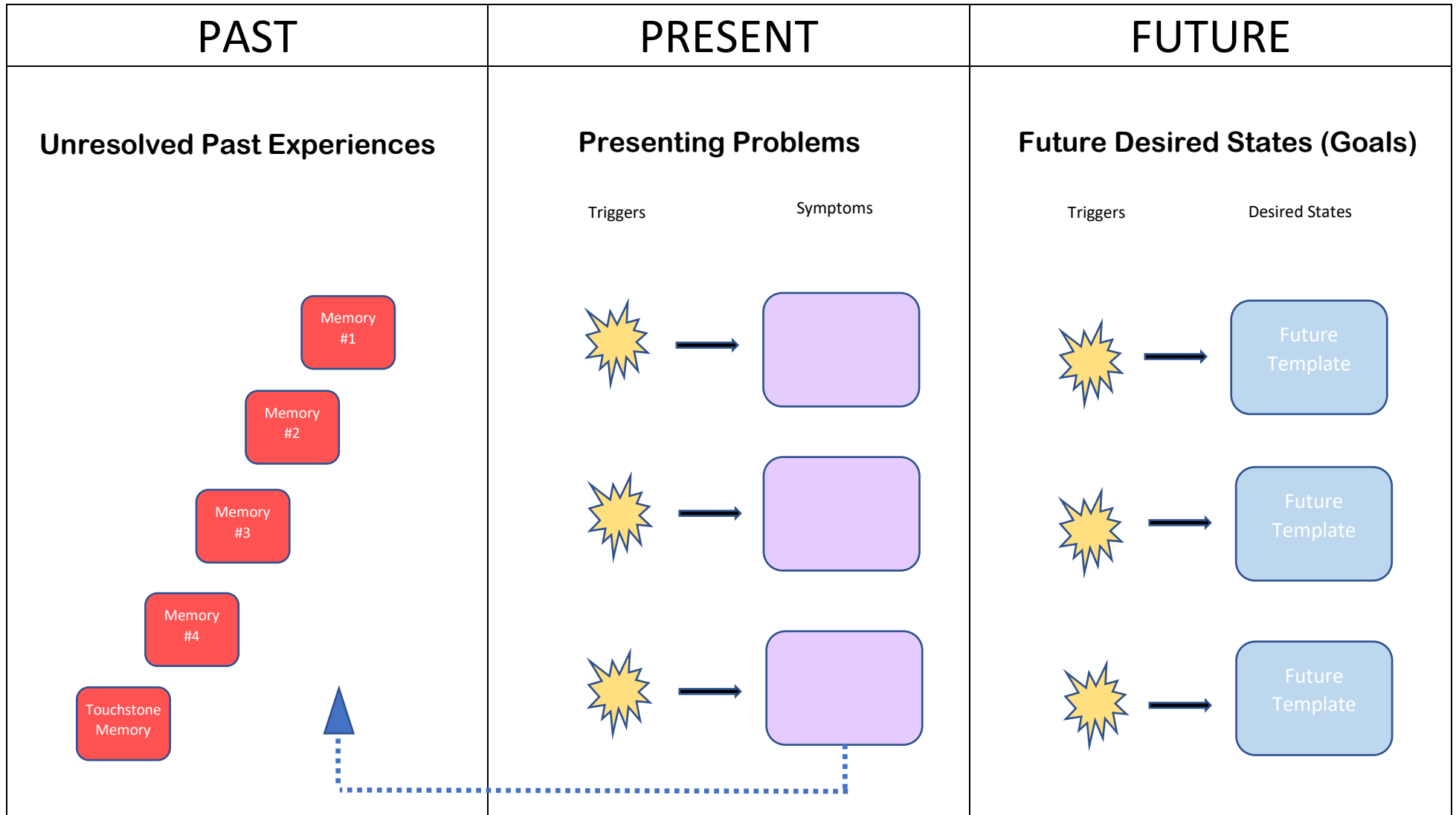


# EMDR THERAPY



# 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

## PHASE 6: BODY SENSATIONS

Process body sensations with BLS to no disturbance

## PHASE 7: CLOSURE

Close down the processing session

## PHASE 8: REEVALUATION

Assess progress on goals, presenting issues, and processed target(s)

Process Targets in Treatment Plan:

- **Past memory targets**  
*(use script for phases 4-7)*
- **Present trigger targets**  
*(use script for phases 4-7)*
- **Future templates**  
*(use future template script)*