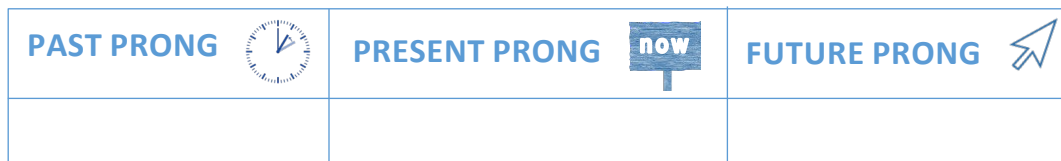


# EMDR THERAPY BASIC TRAINING SUMMARY SHEET

PHASE	WHAT YOU DO	WHAT IS INVOLVED
<b>PHASE 1: HISTORY TAKING &amp; TREATMENT PLANNING</b>	Develop case conceptualization/treatment plan: → Obtain background information and assess client's clinical picture → Identify suitability for EMDR treatment → Identify targets from clients' positive and negative life events	→ <i>Bio-Psycho-Social/Intake Assessment, AIP History Taking Questions, Assess Informational Plateaus, Dissociative Experiences Scales II (DES-II) or other dissociative assessment (e.g. MID), Case Conceptualization/Treatment Plan, Client Selection Criteria</i> → <i>May also use Timeline, ACE questionnaire, or other assessment tools</i>
<b>PHASE 2: PREPARATION &amp; STABILIZATION</b>	Prepare appropriate clients for EMDR memory processing Stabilize and increase access to positive states	→ <i>Review/Address Client Selection Criteria, Evaluate Readiness for Memory Processing, Education/Informed Consent for EMDR, Introduce EMDR Mechanics, Safe Place</i> → <i>If necessary, use RDI or other Stabilization and Stress Management Techniques: breathing shift, light stream, spiral technique, diaphragmatic breathing, grounding skills, etc.</i>
<b>PHASE 3: ASSESSMENT</b>	"Light up" (assess & stimulate) the components of memory for a target	→ <i>Use script to set up a processing session for each NEW target</i> → <i>May use Cognitions List (if necessary)</i>
<b>PHASE 4: DESENSITIZATION</b>	Process target with BLS to SUD=0	<div style="display: flex; align-items: center;"> <div style="font-size: 4em; margin-right: 10px;">}</div> <div style="border: 1px solid gray; padding: 10px; background-color: #f0f0f0;"> <p>Process Targets in Treatment Plan:</p> <ul style="list-style-type: none"> <li><b>Past memory</b> targets (<i>use script for phases 4-7</i>)</li> <li><b>Present trigger</b> targets (<i>use script for phases 4-7</i>)</li> <li><b>Future templates</b> (<i>use future template script</i>)</li> </ul> </div> <div style="margin-left: 20px;"> <p>If needed, you may use:</p> <ul style="list-style-type: none"> <li>EMD</li> <li>Recent Events Protocol</li> <li>Troubleshooting Tips to Facilitate Processing</li> </ul> </div> </div>
<b>PHASE 5: INSTALLATION</b>	Install positive cognition with BLS to VoC= 7	
<b>PHASE 6: BODY SENSATIONS</b>	Process body sensations with BLS to no disturbance	
<b>PHASE 7: CLOSURE</b>	Close down the processing session	
<b>PHASE 8: REEVALUATION</b>	Check/assess progress on goals, presenting issues, and processed target(s)	→ <i>If target from last session is not fully reprocessed, use instructions for resuming processing of an INCOMPLETE target memory (on past or present prongs)</i>

## 3-PRONGED APPROACH



## Special Populations:

- Complex Presentations
- Combat Veterans and First Responders
- Somatic Disorders
- Addictions
- Dissociation and Dissociative Disorders
- EMDR with Children
- Phobia Protocol
- Couples
- Grief and Mourning
- Self-Use