

FOR EMDR PRACTITIONERS



The Eight Phases of EMDR

Phase 1: History Taking, Case Conceptualization and Treatment Planning

- History
- Case Conceptualization – you need a plan
- Touchstone Memories/Trauma timeline
- Triggering events
- Assess client's readiness
- Dissociative Disorders

Phase 2: Preparation

- Explain EMDR and Stop Signal, Explain not to censor, let the mind go where it needs to...
- Establish and Test Dual Attention Stimulus
- Safety factors?
- Tunnel, Train Analogy
- Safe Place Exercise/Containment Exercise – Has practiced and able to use
- Does Preparation need to be extended? Resources - Client practiced and is able to use
- Grounding techniques – Window of Tolerance

Phase 3: Assessment

- Select Target for Desensitization - Touchstone Event or Trigger (1st, worst, most recent)
- Image
- Negative Cognition (NC) See handout of cognitions list; Consider YSQ
- Positive Cognition (PC)
- Validity of Cognition (VOC)
- Emotions
- Subjective Units of Disturbance Scale (SUDS)
- Sensations

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Phase 4: Desensitization

- Channels of processing - do not direct
- Wording of Desensitization phase – bring up 1) image, 2) NC, 3) disturbance in body - facilitate
- Different types of processing – reminder, do not need to verbalize
- Themes
- Encouragement -to continue the process – maintain dual attention
- When to return to original target
- What to do when blocking/looping/overwhelming emotion
- Recheck target – look for more channels, ask for SUD when reports nothing after recheck target

Phase 5: Installation

- SUDs is 0 or legit 1
- Ask if PC has changed - Get VOC
- Pair to install or to increase to a 7, then install
- If it doesn't increase, ask what stops it from moving – Is it a good PC? Ask what prevents it then contain or target what comes up

Phase 6: Body Scan

- If any residual feeling, do sets until clear, if fails to resolve ask what prevents or do floatback
- If clear, you are done – then can resource the good feeling and strengthen

Phase 7: Closure

- Debrief, contain, relaxation, remind EMDR keeps working, selfcare, TICES log
- Future Template?

Phase 8: Reevaluation

- Next session – original target event – check SUDs
- Check triggers and any additional triggers/memories that came up
- Future Template?