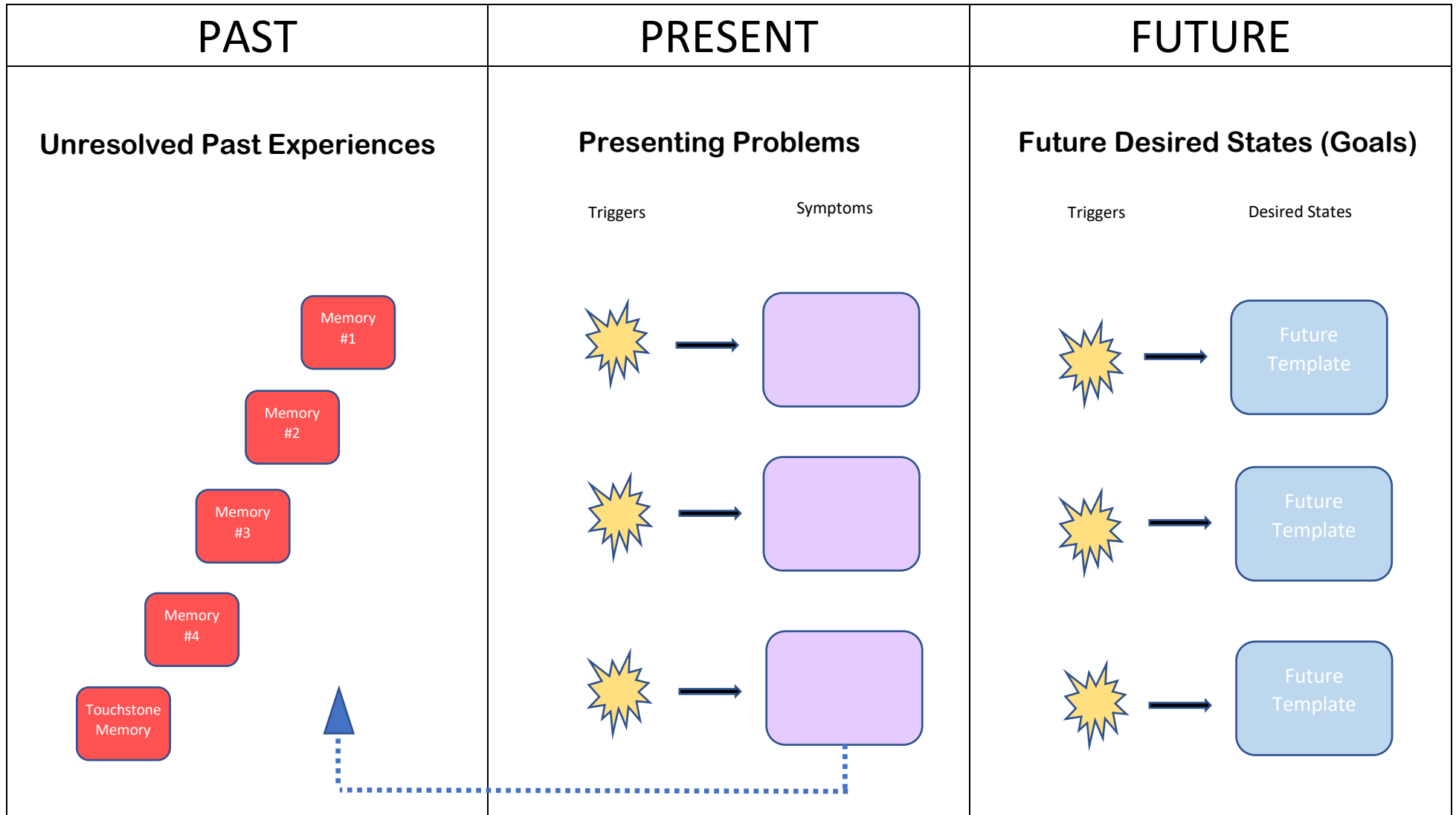


EMDR THERAPY



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)