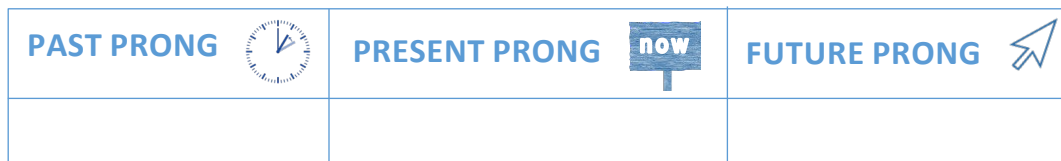


EMDR THERAPY BASIC TRAINING SUMMARY SHEET

PHASE	WHAT YOU DO	WHAT IS INVOLVED
PHASE 1: HISTORY TAKING	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>
PHASE 2: PREPARATION	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>
PHASE 3: ASSESSMENT	"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>
PHASE 4: DESENSITIZATION	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 #ccc; padding: 10px; background-color: #f9f9f9;"> <p>Process Targets in Treatment Plan:</p> <ul style="list-style-type: none"> Past memory targets (<i>use script for phases 4-7</i>) Present trigger targets (<i>use script for phases 4-7</i>) Future templates (<i>use future template script</i>) </div> <div style="margin-left: 20px;"> <p>If needed, you may use:</p> <ul style="list-style-type: none"> EMD Recent Events Protocol Troubleshooting Tips to Facilitate Processing </div> </div>
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	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