# **EMDR THERAPY**

### PAST

#### **Unresolved Past Experiences**

Past experiences that are dysfunctionally stored in the memory systems and contribute to the disturbing issues, symptoms and triggers in the present.

### PRESENT

**Present Issues/Circumstances** 

## FUTURE

#### Future Desired States/Goals Trigger ➡ Desired State/Goal

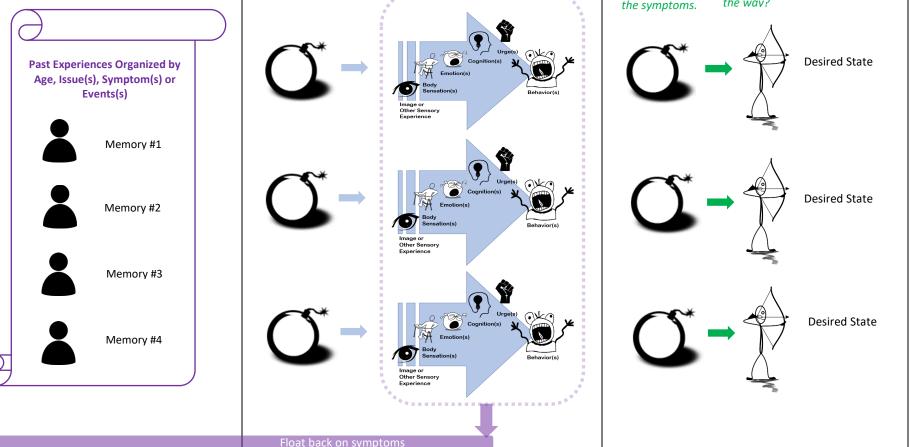
Trigger = theSystimuli/cues that areincapable of stimulating(i.the symptoms.ca

Trigger

Symptom = the dysfunctionally stored information that is elicited by the trigger (i.e. negative physiological, emotional, cognitive or behavioral reactions).

Symptoms

Trigger = the stimuli/cues that are capable of stimulating the symptoms. Desired State = how would you like to be feeling, sensing, believing, perceiving, and behaving today and in the future? What changes would be necessary? What gets in the way?



Christie Sprowls, PsyD, EMDR Institute Senior Trainer, EMDRIA Approved Trainer, EMDRIA Approved Consultant & Christine Molina, LCSW, EMDRIA Approved Consultant, Senior EMDR Facilitator, © July 2016, Revised Nov. 2020. All rights reserved. This handout or any portion thereof cannot be reproduced or distributed without affording the authors credit for their work. Reference: Eye Movement Desensitization and Reprocessing (EMDR) Therapy by Francine Shapiro, PhD.