EMDR PROCESSING WORKSHEET

Client Name: __________________________ Date: ______________

Therapist: ________________________________________________________________

**PHASE 1 – CLIENT HISTORY:**

**PHASE 2 – CLIENT PREPARATION:**

**PHASE 3 – ASSESSMENT SPECIFIC INSTRUCTIONS:**

"Often we will be doing a simple check on what you are experiencing. I need to know from you exactly what is going on with as clear feedback as possible. Sometimes things will change and sometime they won't. There are no 'supposed to's' in this process. So just give as accurate feedback as you can as to what is happening without judging whether it should be happening or not. Just let whatever happens, happen." [Remember the STOP hand signal]

**PRESENTING ISSUE OR MEMORY:**

"What issue would you like to work on today?"

**PICTURE:**

Representative: "What picture represents the incident?"
Most Disturbing: "What picture represents the worst part of the incident?"
If No Picture: "When you think of the incident what do you get?"

**NEGATIVE COGNITION:**

"What words go best with that picture (or incident) that express your negative belief about yourself now?"

**POSITIVE COGNITION:**

"When you bring up that picture (or incident), what would you like to believe about yourself now?"

**VoC (VALIDITY OF COGNITION):**

"When you think of that picture (or incident), how true to those words (repeat the positive cognition above) feel to you now on a scale of 1-7, where 1 feels completely false and 7 feels completely true?"

1 Completely False 2 3 4 5 6 7 Completely True

**EMOTIONS/FEELINGS:**

"When you bring up that picture (or incident) and those words (negative cognition above), what emotion(s) do you feel now?"
SUDS:
"On a scale of 0-10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?"

1                2                3                4                5                6                7                8                9                10
Not Disturbing/Neutral       Highest Disturbance

LOCATION OF BODY SENSATION:
"Where do you feel it in your body?"

PHASE 4 – DESENSITIZATION:
"I'd like you to bring up that picture, those negative words (repeat the negative cognition), and notice where you are feeling it in your body and follow my fingers. (SUDS should be 0 or 1 before installation.)

CHECK SUDS:
"When you bring up the experience, on a scale of 0-10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now? (If SUDS 0-1 move to installation.)

1                2                3                4                5                6                7                8                9                10
Not Disturbing/Neutral       Highest Disturbance

PHASE 5 – INSTALLATION:
Linking the desired positive cognition with the original memory/incident or picture.
1.  "Do the words (repeat PC) still fit, or is there another positive statement you feel would be more suitable?"
2.  "Think about the original incident and those words (repeat PC). From 1 (completely false) to 7 (completely true), how do they feel now?"
3.  "Hold them together." Do EM/BLS. "On a scale of 1-7, how true do those words (PC) feel to you now when you think of the original incident?"
4.  Continue installation as long as the material is becoming more adaptive. If client reports a 6 or 7., do EM/BLS again to strengthen and continue until it no longer strengthens. Go on to the Body Scan.

PHASE 6 – BODY SCAN:
"Close your eyes, concentrate on the incident and the PC, and mentally scan your ENTIRE body. Tell me where you feel anything." If any sensation is reported, do EM/BLS. If a positive/comfortable sensation, do EM/BLS to strengthen the positive feeling. If a sensation of discomfort is reported, reprocess until discomfort subsides.

PHASE 7 – CLOSURE:
"The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories, or dreams. If so, just notice what you are experiencing, take a snapshot of it (what you are seeing, feeling, thinking, and the trigger), and keep a log. We can work on the new material next time. If you feel it is necessary, call me."

PHASE 8 – REEVALUATION: