

## Supervision – Case Presentation

Complete each question as it applies to your case. If you have not yet started processing using EMDR, complete the first 5 sections.

Supervision Question:

### **1. Problems and Symptoms**

- What problems and symptoms does the client have?
- Onset – when did they start?
- Has the client experienced similar problems in the past?

### **2. Current Situation**

- What brings the client for treatment now?
- What is the client's present life situation e.g. work, relationships, social networks etc?

### **3. History (brief summary relevant to symptoms and problems)**

- Family background
- Trauma history

### **4. Case Formulation**

- The client's understanding of why they have the problem
- Your assessment of the client's problem

### **5. Basic Treatment Plan**

- What are the client's goals?
- What are the probable EMDR targets?

**6. Preparation: Safe Place, Resources etc.**

**7. EMDR Target**

**Worst part (image or other)**

**Negative Cognition**

**Positive Cognition**

**VOC**

**Emotions**

**SUDS**

**Body Sensations**

**What type of BLS? Eye movements, tapping, auditory or tactile**

**Process:**

**Give a brief description of what happened in the EMDR process and outcome**