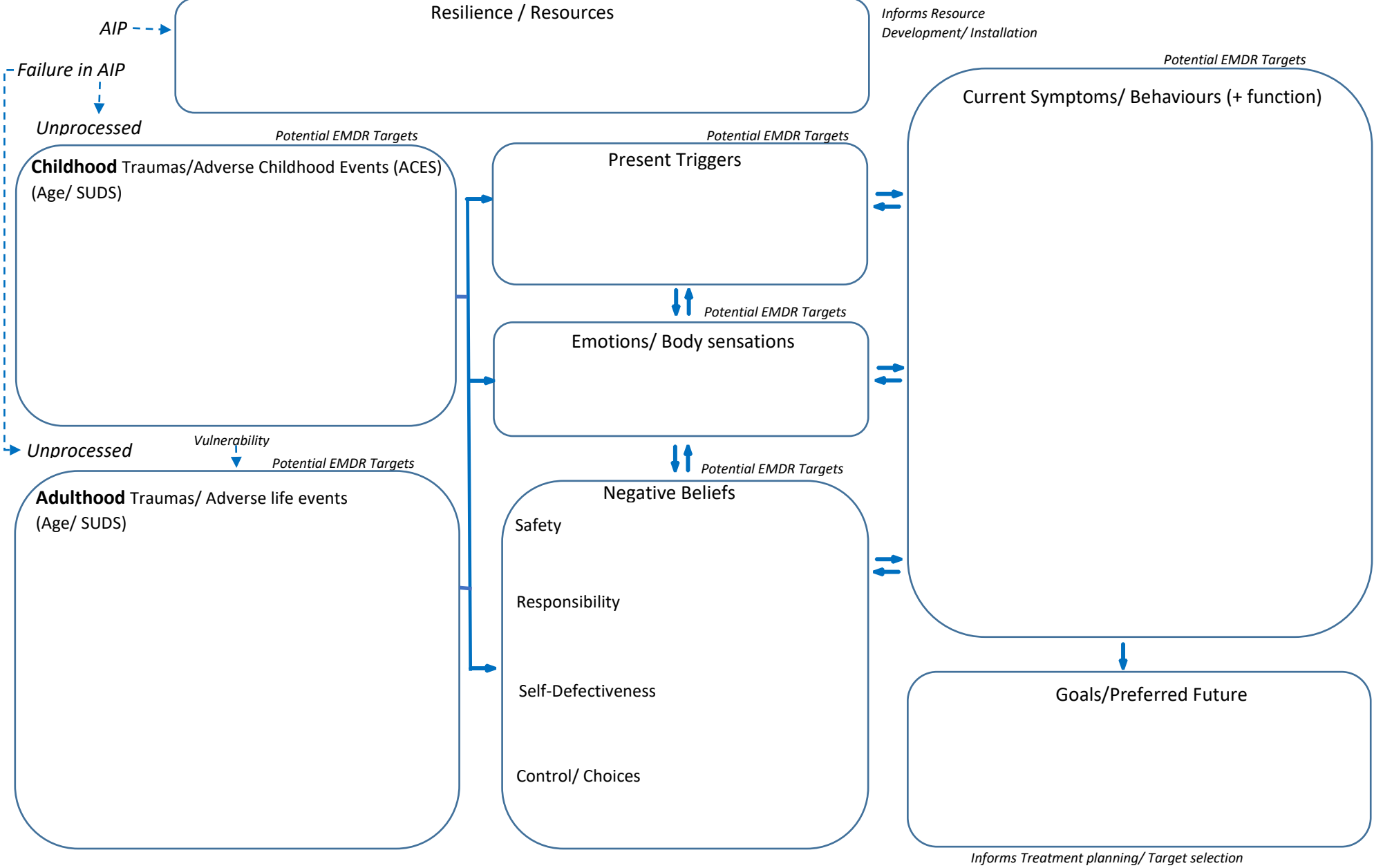


EMDR Case Formulation Tool (Version 2)

(Santos, 2022)



Informs Resource Development/ Installation

Potential EMDR Targets

Current Symptoms/ Behaviours (+ function)

Potential EMDR Targets

Unprocessed

Childhood Traumas/Adverse Childhood Events (ACES)
(Age/ SUDS)

Potential EMDR Targets

Present Triggers

Potential EMDR Targets

Emotions/ Body sensations

Potential EMDR Targets

Negative Beliefs

Safety

Responsibility

Self-Defectiveness

Control/ Choices

Vulnerability

Potential EMDR Targets

Unprocessed

Adulthood Traumas/ Adverse life events
(Age/ SUDS)

Goals/Preferred Future

Informs Treatment planning/ Target selection