**EMDR Case Formulation Tool (Version 2)**

**Adulthood** Traumas/ Adverse life events

(Age/ SUDS)

Goals/Preferred Future

Current Symptoms/ Behaviours (+ function)

*Potential EMDR Targets*

*Potential EMDR Targets*

*Potential EMDR Targets*

*Potential EMDR Targets*

*Informs Resource Development/ Installation*

(Santos, 2022)

*Potential EMDR Targets*

*Potential EMDR Targets*

Resilience / Resources

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

Present Triggers

Emotions/ Body sensations

Negative Beliefs

Control/ Choices

Self-Defectiveness

Responsibility

*Unprocessed*

*Unprocessed*

*Failure in AIP*

*AIP*

*Vulnerability*

*Informs Treatment planning/ Target selection*

Safety