EMDR PROTOCOL

Phase 3: Assessment
Name:

EMDR Session No:
Date:

Presenting Issue/Memory/ Symptom

Image:
What picture represents the worst part of the incident?
When you think of the incident, what's the worst part?
(What can you see, hear, smell?)

Negative Cognition
When you bring up that image, what negative thought or belief do you have about yourself now? OR
What words go best with that incident that express your negative belief about yourself now?
(I statement, present tense)

Positive Cognition:
When you bring up that image/incident and those negative words (repeat negative cognition as an I statement), what would you prefer to believe about yourself now?

VoC:
When you think of that image/incident, how true do those words (repeat positive cognition) **feel** to you right now on a scale of 1-7, where 7 feels completely true and 1 feels completely false?

1	2	3	4	5	6	7
completely false						completely true

Emotions:
When you bring up that image/incident and those words (repeat negative cognition), what emotions do you feel **now?**

SUDS: on a scale of 0 to 10 where 0 is no disturbance and 10 is the highest disturbance imaginable, how disturbing does it feel right now?

0 1 2 3 4 5 6 7 8 9 10

Location of Body Sensation:
Where do you feel that in your body?

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Desensitisation:
(Space for notetaking on back)

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I'd like you to bring up that image, those negative words (repeat negative cognition), notice where you are feeling it in your body and follow my fingers. Just let whatever happens happen.

- Begin eye movements slowly and then
- increase speed to level client can comfortably tolerate.
- Reassure "That's it. You're doing well. Just notice. Just observe"
- After each set of Ems, if helpful, "Take a breath"
- Ask "what do you get now?", "What are you noticing now?"
- If client reports movement, say "Go with that", or "Just notice that"
- If no change return to target image and ask: "What do you get now?" Client answers, Say"Go with that".
- Move on to Installation only when client reports a Suds of 0 –1 return to target

Installation:
Do the words (repeat positive cognition) still fit, or is there another positive statement you feel would be more suitable?

- Think of the original incident and those words (positive cognition)
  From 1 (completely false) to 7 (completely true), how true do they **feel** right now?
- Think of the incident and hold it together with those words (repeat positive cognition).
  Do a set of short, fast Ems.
- After each set , ask for feedback and measure VoC. Continue as VoC strengthens.
- If client reports 6 or less, check appropriateness and address blocking belief (if necessary) with additional reprocessing.

Body Scan:
" Close your eyes: concentrate on the incident and the words (repeat positive cognition) and mentally scan your body. Tell me if you feel anything."

- If any sensation is reported, do Ems until disturbance subsides
- If a positive/comfortable sensation reported, do set of Ems

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 you do, just notice what you are experiencing and we can look at this next time."

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