

PHASES OF EMDR

1

HISTORY & TREATMENT PLAN

Get comprehensive history, identifying potential targets and which order to work on them. Gather information about trauma.

2

PREPARATION

Learn EMDR techniques that will assist when feeling difficult emotions. Teach coping skills, stabilization, regulation skills.

3

ASSESSMENT

Identify components of the targets such as emotions, beliefs, associated negative cognition, somatic sensations associated to a memory.

4

DESENSITIZATION

Introduce repeated sets of bilateral stimulation (for example: eye movements, tapping, etc.) to resolve a charged memory, belief or trigger.

5

INSTALLATION

Instal positive cognition by using bilateral stimulation. We are strengthening the positive cognition that is replacing the negative cognition.

6

BODY SCAN

Assess for residual somatic symptoms in the body and processing them out.

7

DEBRIEFING & CLOSURE

Time spent at the end of the session to return to a state of equilibrium through relaxation techniques. Review coping, self regulation skills and self care.

8

RE-EVALUATION

Re-check ratings and client experience. Checking the target at the beginning of the next session to review progress. Identify new targets of needs.