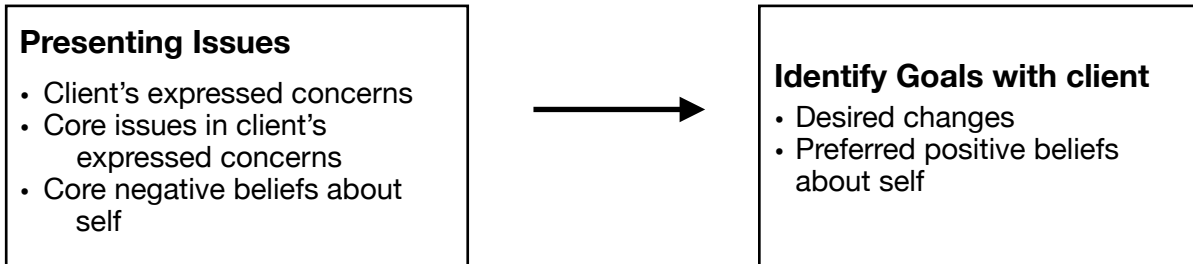


CASE CONCEPTUALIZATION



A. Get to know client in the present

e.g. relationships and external resources

work

social network

day-to-day living (sleep, eating, exercise, substance use, medication, etc.)

health

internal resources/affect skills



further develop if needed in Phases 1&2

B. Get to know the child they were and that child's experience

“Who comprised your family when you were growing up?”

“What was it like for you to be a child in that family?”

Continue with attachment history (from perspective of child's experience, not just events)

Do retrievals from key memories

Identify core negative and preferred positive beliefs as you identify significant problematic situations

Identify key memories for targeting with EMDR

C. Understand connections between B and A

Things to ask yourself with regard to present events or situations:

“If this were a re-enactment of a childhood experience, what might that be?”

“If this were triggering a childhood experience, what might it be (age 10 or earlier? age 5 or earlier?).”

Help client understand connections

D. List targets to be processed with EMDR chronologically, organizing into clusters by theme, relationship, and/or negative beliefs if needed for clarity, e.g.

Abandonment	
age 3
4
7
11
17
23
Future Template	

Physical abuse	
age 5
7
8
16
24
24
Future Template	