

## **EMDR Case Presentation Form**

**Describe the focus area or question for this consultation session (case transcript needed/included?):**

### **Relevant Consultee Areas:**

- Describe therapist relationship with client (sensitivity to client differences?):
- EMDR appropriateness for client assessed:
- Adequate preparation for EMDR therapy (explanation issues, hesitations from consultee or client?):
- Informed consent for EMDR therapy:

### **Phase 1: Client History (be mindful of client confidentiality/HIPAA requirements)**

- Why did client seek treatment?
- Relevant historical, cultural, family, medical, emotional, social support, or attachment information:
- Relevant dissociative assessment (i.e., DES, MDI) and/or other assessment information:
- Relevant current life stressors and resources:
- Relevant trauma history and target possibilities:
  - Past memories, present triggers, future goals? Complex trauma?
- Case conceptualization using AIP:
  - Identify memory networks for presenting problem:
  - Relevant clinical themes (responsibility, self-worth, safety, control, choices):
- EMDR Treatment Plan (indicate reasoning):
  - Stabilization/resource development sufficient prior to reprocessing?
  - Symptom reduction or comprehensive treatment?
  - Three prongs addressed? Future goals? Observations?
  - Target sequencing plan and why? (i.e., Problem Driven, Present Trigger first, Timeline, Single Event, Other)

### **Phase 2: Preparation**

- Logistical preparations such as distance, BLS speed, stop signal:
- Safe/Calm Place:
- Are additional stabilizing resources needed (Resource Development Installation (RDI), Container, skills to stay present, etc.):

### **Phase 3: Assessment**

- Target selected (Past memory or present trigger?):
- Picture/image/worst part:
- NC, PC & VOC:
- Emotions:
- SUD:
- Body Sensations:

**Phase 4: Desensitization**

- Describe relevant parts of the desensitization process. How did it go? Observations?
- BLS type and why (BLS changes?):
- SUD 0 or ecological?
- Stuck points, insights, shifts?
- Feeder memories, following new material:
- Interweaves needed:

**Phase 5: Installation**

- Describe installation process. How did it go? Observations?
- PC same or change:
- VOC to 7?
- Blocks? Feeder memories?

**Phase 6: Body Scan**

- Describe body scan process. How did it go? Observations?
- Clear:
- Unclear:
- Blocks? Feeder memories?

**Phase 7: Closure**

- Describe process. Was target reprocessing incomplete/complete?
- If incomplete, where was client getting stuck? How was client stabilized?
- What was client experience?

**Phase 8: Reevaluation**

- Describe client self-report during follow-up at their next session. How did it go? Observations?

**Present Triggers**

- Were all present triggers processed? How did it go? Observations?
- What was client experience?
- Blocks? Feeder memories?

**Future Template**

- Describe setting this up after present triggers are resolved. How did it go? Observations?
- What was client experience?
- Blocks? Feeder memories?

**Additional relevant notes or questions:**