EMDR Process Note

Client:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Target:

Target phases: Modality:

Image:

“What picture represents the worst part of the experience as you bring it up now?”

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“What words go best with the picture that express your negative belief about yourself now?” -or- “What does that say about you as a person”

NC:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“When you bring up that experience, what would you prefer to believe about yourself instead?”

PC:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Installation:**

“Do the words \_PC\_ still fit or is there another positive statement you feel would be more suitable?”

“Think about the original incident, however you are experiencing it now, & those words \_PC\_,

from 1, completely false, to 7, completely true, how true do they feel right now?”

“Hold the original memory and the PC together”-BLS

**Body Scan:**

“Close your eyes, concentrate on the incident, however you experience it now, and the \_PC\_ and mentally scan your body. Tell me where you feel anything.” -BLS

Incomplete session **phase 4 Desensitization**:

“How disturbing is that memory that we were working on last session 0-10 where…?”

“What is the worst part of that memory now?”

“What emotions are you experiencing now?”

“What are you feeling in your body now?” -BLS

Incomplete session **phase 5 Installation**:

“When you hold together \_PC\_ and that target memory, how true do those words feel now from 1-7, where 1 is completely false and 7 is completely true?” -BLS

Incomplete session **phase 6 Body Scan**:

“Hold together \_PC\_ and that target memory, and scan your whole body, from top to bottom, and tell me what you notice.” -BLS

Changes since last time:

Resource utilized:

“When you bring up the memory, how true do the words \_PC\_ feel to you now on a scale from ..”

VoC: 1 2 3 4 5 6 7

Emotions:

“When you bring up the memory and the words \_NC\_, what emotions do you feel now?”

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“On a scale of … how disturbing does it feel now?”

SUD: 0 1 2 3 4 5 6 7 8 9 10

“Where do you feel it in your body?”

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_