Remindersw

| EMDR |  |  |  |  |  |
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| Mon: | Date | Tues: | Date | Wed: | Date | Thur: | Date | Fri: | Date |
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| History |

| Timeline | Birth to 12, 13-20 | Present Triggers | Future Templets | Major themes |
| --- | --- | --- | --- | --- |
| Best and Worst memories | Cluster plan, NCs and PCs | Float-Back | Affect Scan |  |
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| Resources |

| Safe / Calm Place | Container | Scent | Donald Duck | Spiral |
| --- | --- | --- | --- | --- |
| Super Suit | Paint can | Four Elements | Lightning  | Enhance experience, person or object |
| Wedging: Skill or strength you have had in the past enhanced | Extending skill: Skill/ strength/ resource you need+ the issue | Deep breathing | Assignment 3 | Assignment 3 |
| Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 |

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| Class Subject 3 |

| Assignment 1 | Assignment 1 | Assignment 1 | Assignment 1 | Assignment 1 |
| --- | --- | --- | --- | --- |
| Assignment 2 | Assignment 2 | Assignment 2 | Assignment 2 | Assignment 2 |
| Assignment 3 | Assignment 3 | Assignment 3 | Assignment 3 | Assignment 3 |
| Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 |

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| Class Subject 4 |

| Assignment 1 | Assignment 1 | Assignment 1 | Assignment 1 | Assignment 1 |
| --- | --- | --- | --- | --- |
| Assignment 2 | Assignment 2 | Assignment 2 | Assignment 2 | Assignment 2 |
| Assignment 3 | Assignment 3 | Assignment 3 | Assignment 3 | Assignment 3 |
| Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 |

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| Class Subject 5 |

| Assignment 1 | Assignment 1 | Assignment 1 | Assignment 1 | Assignment 1 |
| --- | --- | --- | --- | --- |
| Assignment 2 | Assignment 2 | Assignment 2 | Assignment 2 | Assignment 2 |
| Assignment 3 | Assignment 3 | Assignment 3 | Assignment 3 | Assignment 3 |
| Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 |

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| Class Subject 6 |

| Assignment 1 | Assignment 1 | Assignment 1 | Assignment 1 | Assignment 1 |
| --- | --- | --- | --- | --- |
| Assignment 2 | Assignment 2 | Assignment 2 | Assignment 2 | Assignment 2 |
| Assignment 3 | Assignment 3 | Assignment 3 | Assignment 3 | Assignment 3 |
| Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 | Assignment 4 |