

The 8 Phases of EMDR Therapy Simplified

History Taking. Regular intake session but focus more on trauma, negative beliefs, affect, coping skills that have worked before and supports.

Preparation. Explain EMDR, Target plan, resourcing (slow bls, average 15 passes), bilateral choice

Assessment. Set up the first EMDR session and give instructions for desensitization/reprocessing (i.e. start with holding pieces together, passes of bilateral, in between briefly explain what you are experiencing, go with that and free associate unless otherwise directed).

Desensitization. Use faster bilateral to desensitize(30 passes average).

Installation. Attach positive belief to target memory with slower BLS. Return to desensitization if anything negative comes up or ask, “does a different positive phrase make sense”.

Body Scan. Head to toe check for sensations still associated with target memory. Go back to desensitization if negative sensations come up.

Closure. Use resourcing if target not complete. Remind clients of what they may experience in between sessions and remind them to use resources if necessary.

Reevaluation. Check in on progress, experiences since earlier sessions, process unfinished targets or work on plan going forward (targets or discussing discharge?).