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EMDR Case Conceptualization
(Adapted from Forgash and Leeds, 1999)

This form is optional but can be a very handy tool for helping you prepare for your case consultation.

Client Data

Age: _____ Gender: _____ Ethnicity: _____

Current family system:

Synopsis of client's history including past and present life issues, traumatic events, childhood attachment status, significant health history (lifetime) relevant to EMDR treatment planning:

Resources including ego strengths, coping skills, support systems:

Current diagnoses and medical health conditions: _____

Current stability (note any impulse control problems with alcohol, drugs, violence, sexual acting out, self-injurious behaviors, dissociation, etc.):

Affect Management Strategies: Describe any relaxation training, imagery, hypnosis or other stabilization and resource development interventions:

Presenting problem(s):

Client's Treatment goal(s):

EMDR Treatment Plan - Presenting Problem 1:

Present Day Triggers:

Past Events
(Targets):

Future Template(s):

EMDR Treatment Plan - Presenting Problem 2:

Present Day Triggers:

Past Events
(Targets):

Future Template(s):

EMDR Protocol(s)

Which EMDR protocols are being used (i.e. Standard Protocol, Single Traumatic Event, Current Anxiety and Behavior, Recent Traumatic Event, Process Phobia, Performance Enhancement, etc)
