



EMDR

Eye Movement Therapy:

8 Phases of EMDR



HISTORY & TREATMENT PLANNING

- Gather background information about the client and symptoms
- Assessing for the connection of the symptoms between the past and present



PREPARATION FOR PROCESSING

- Provide information about EMDR, answer any questions, consent
- Teaching emotion management strategies



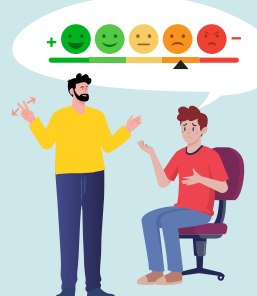
ASSESSMENT

- Identify event for EMDR bilateral processing and desensitization
- Assessing for baseline beliefs about self, distress level, emotions, and symptom severity prior to desensitization



DESENSITIZATION

- Interval sets of 15-30+ seconds of bilateral stimulation, through eye movement, tactile feedback, or tapping
- Client practices free association, noticing thoughts, emotions, and/or body sensations that arise during sets
- Clinician gathers feedback on symptom severity and facilitates processing assistance as needed



INSTALLATION

- Interval sets of 10-15 seconds to link a client-selected positive belief with the initial event
- Continue sets until positive belief ranks as "completely true."



CLOSURE

- Clinician invites client returns to a period of calm following processing
- If client has completed processing, then client and clinician debrief about client's experience



BODY SCAN

- Client conducts a scan of their body from head to toe and reports any sensations
- Interval sets of 10-15 seconds until body is calm or there are neutral sensations



RE-EVALUATE

- Additional events or memories are selected for future desensitization and closure
- Client and clinician check in during next session about previously processed memories

