



What to Bring to EMDR Therapy Consultation

First I recommend you have the most recent EMDR Therapy Training Manual from the EMDR Institute. We will be using the forms in that manual in consultation. If you have any questions about this contact me.

If you are confused about the terms, don't worry, I have written this in a way to get you learning the model. If you are unsure what is being asked or how to do each let me know and I am happy to help. If you are in a group, the rest of the group will really benefit from your questions. Part of learning EMDR Therapy is learning to conceptualize from the AIP model and become proficient in each Phase and each Prong.

This is the format I would like you to present new clients from:

Share a brief overview of your psycho-social intake and the Presenting Complaints that bring your client to therapy that you will be addressing with EMDR Therapy. (Phase 1) I am specifically looking for:

- Early developmental information and history of relationships.
- Small and large “t” traumas.
- Themes and patterns.
- Not necessarily detailed content.

Share the list of Presenting Complaints you and your client have identified for their treatment plan. (Phase 1)

I will ask some questions for clarification and to support you in conceptualizing from the AIP model.

What your assessment is (Phase 2 - Preparation), based on your psycho-social history, for your client's readiness for reprocessing (Phases 4-7).

Present your Preparation Checklist (Phase 2)

If your client is not ready for reprocessing what is your plan for preparing

them for reprocessing. (Phase 2 - Preparation)

- Self Regulation Skills
- Self Awareness Skills
- Their ability to dual focus.
- Their ability to give you clear accurate information.
- The stability of your relationship.
- You and your client's ability to identify if they are dissociating and tools for staying present during reprocessing.
- Their ability to handle strong emotions.
- Building a support system if needed.
- Timing of when to reprocess if other life events would be disrupted.
- etc.

If your client needs preparation for reprocessing we will take time in consultation to look at your client's progress in the Preparation Phase.

Which Presenting Complaint have you and your client chosen to begin with, and how you are conceptualizing how to structure their treatment plan. (Phase 1)

Share your EMDR Treatment Planning Worksheet. And, how you elicited the Memory Targets for each Prong. (Phase 1)

Report which Target Memory for that Presenting Complaint you and your client have chosen to start with and why?

When your client is ready to reprocess a Memory Target, make sure you use the Assessment & Reprocessing Worksheets (Phases 4-7). Bring these sheets into consultation. We will go over the Assessment Phase and what occurred in the Reprocessing Phases as well. **Please Note:** I am *not* looking for detail in content in what came up after each BLS. I am looking for is:

1. What your client's image was.
2. What the negative & positive cognition were.
3. If you were using the image and negative cognition together when asking for emotions, SUDS and body location.
4. If you stayed out of the way and kept the reprocessing going.
5. How you handled blocked processing.
6. How you reinitiated reprocessing if it was interrupted.

7. How you knew you were ready to move to the next phase.
 8. If you were asking for the original memory (not the image) when checking readiness to move to the next phase.
 9. If you were asking for the original memory (not the image) when checking the SUDS.
 10. If you were using the original memory and positive cognition together in the Installation Phase & Body Scan Phases.
 11. How you closed an incomplete session.
 12. How you closed a complete session.
-

After you have done a reprocessing session please bring in your Reevaluation Sheet and we will go over:

1. What generalized to their life between sessions. (Global evaluation)
 2. If anything changed in the Target Memory (finished or unfinished). (Target Memory evaluation)
-

Present your progress with your Treatment Plan reprocessing all 3 Prongs. You will do this for each Presenting Complaint.

What has changed with the Reprocessing of all Past Memory Targets.

What the results occurred with the Reprocessing of each Present Trigger and each Present Trigger's Future Template.

What you and your client's assessment was for which Presenting Complaint to work on next if there are more issues on the Treatment Plan.
