

Name:

EMDR Treatment Plan

Date Started:	
Date Completed:	

Presenting Complaint:

Recent Experience (specific memory of a recent experience). Have them choose a recent experience (**must be a specific memory**) where this presenting complaint happened. Just have them give you 1-10 words that will remind them of the memory and when it occurred.

Notice the Negative beliefs you are having about yourself (nod your head when you have it). Notice what emotions you are experiencing when you remember it (nod your head when you have it). Notice any physical sensations you are having (nod your head when you have it). Now drift back in time to an earlier time you had these same negative beliefs, emotions and sensation to _____ (the presenting complaint above). When or what age did this occur?

List the recent experience below. Continue to have them drift back through time and note below, as many times as you can find, when this presenting complaint occurred until you get the first time it occurred. There should be memories from the most recent experience to the first time. They **HAVE TO BE SPECIFIC MEMORIES**, not themes of something that happened all the time.

Past Prong

Past Memories:

<u>Date Completed</u> SUDS & VOC	Age/Date	Past Memories Use only 1-10 words that will remind your client of the memory. A description of the memory will take them out of the process of floating back to memories



Present Prong

Present Triggers: If the Presenting Trigger still has a physical/emotional charge, find a recent example where they were triggered, put it on an Assessment sheet and reprocess that memory. Once it is complete (Phases 4-6) go to the Future Prong below and do a Future Template on the Present Trigger you just reprocessed.

If the Present Trigger no longer triggers them then put it on the Future Prong below and do a Future Template on the Present Trigger.

Write each present trigger here and in the grid under Future Prong below.

You can add lines by tabbing at the end of the last line. You can also insert and delete lines. You can cut and paste to get the memories in chronological order with the first memory at the bottom and the most recent on the top.

Date Completed SUDS & VOC	Present Trigger	Recent Experience (<i>Specific Memory</i>) of this Present Trigger Use only 1-10 words that will remind your client of the memory.

Future Prong

Future Templates: For each Present Trigger above you will do a Future Template (see the Future Template instructions).

You can add lines by tabbing at the end of the last line. You can insert and delete lines. You can cut and paste to put the memories in chronological order with the first memory at the bottom and the most recent on the top.

Date Completed	Present Trigger	Future Scenario Just use a couple of words to describe.