

Consultee's EMDR Therapy Checklist

INSTRUCTIONS: Circle one number 1 through 5.

1. Do I adequately inform clients about EMDR Therapy?

(Never) 1 2 3 4 5 (Always)

2. Do I understand the 'mechanics of EMDR Therapy'? (E.g., seating, distance, stop signal, etc.)?

(Never) 1 2 3 4 5 (Always)

3. Do I gather an appropriate client history?

(Never) 1 2 3 4 5 (Always)

4. Do I adequately assess the client for appropriateness for EMDR Therapy?

(Never) 1 2 3 4 5 (Always)

5. Do I adequately prepare the client for EMDR Therapy?

(Never) 1 2 3 4 5 (Always)

6. Do I utilize the "safe place" effectively?

(Never) 1 2 3 4 5 (Always)

7. Do I utilize RDI effectively when needed?

(Never) 1 2 3 4 5 (Always)

8. Do I adequately explain the EMDR Therapy process to the client?

(Never) 1 2 3 4 5 (Always)

9. Do I 'stay out of the way' while processing with the client?

(Never) 1 2 3 4 5 (Always)

10. Do I deal effectively with "looping" and 'stuck processing'? (E.g., change direction, speed, or amount of EM's; change modalities; cognitive interweave)

(Never) 1 2 3 4 5 (Always)

11. Am I sensitive to different client populations?

(Never) 1 2 3 4 5 (Always)

12. Do I provide sufficient closure for incomplete sessions?

(Never) 1 2 3 4 5 (Always)

13. Do I utilize available resources for client support? (E.g., medical, family, social, community, and religious, etc.)

(Never) 1 2 3 4 5 (Always)

14. Do I utilize EMDR Therapy in a comprehensive treatment plan for the patient?

(Never) 1 2 3 4 5 (Always)

15. Am I aware of other treatment strategies that could be utilized for his/her patient's problem?

(Never) 1 2 3 4 5 (Always)

16. Do I demonstrate creativity in the application of EMDR Therapy while maintaining the integrity of the basic protocol and sensitivity to transference issues?

(Never) 1 2 3 4 5 (Always)

17. Strengths: _____

18. Weaknesses: _____

