

The First 3 Phases of The EMDR Standard Procedure

1. Client Medical History And Treatment Plan

- Building trust and relationship
- Medical history (trauma, resources, general information)
- Symptoms and mental status examination
- Review of indication versus contraindication
- Treatment plan

2. Stabilization And Preparation

- Psychological stabilization with imagination and distancing techniques to achieve affect regulation during and between sessions
 - Safe location/Place of Well-being
 - **Term for „Safe location“:**
 - Establishing of Grounding and of a Stop-Signal
- Psychoeducation and establishing the type of bilateral stimulation

3. Focussing and Assessment

- **Selecting a specific situation:**

- **Image which represents the worst moment:**

- **Negative cognition/self-statement in regards to the worst moment:**

- **Positive cognition/self-statement** („How would you like to view yourself nowadays in regards to the specific situation?“):
 - **Assessment of coherence of VoC-Level (1 to 7):**

- **Perception of current emotions/feelings** („Which emotions, which feeling do you currently experience in regards to the situation?“):
 - **Evaluation of stress-level with SUD-Scale (0 to 10):**

- **Perception of current bodily sensations:**