

EMDR - The Standard Procedure

Name:

Date:

1. **Treatment Plan:** Topic of today's session?


2. **Stabilisation And Preparation**




3. **Focussing And Assessment**

- Selection of a specific situation:

- **A representative image (RI)** of the worst moment (**WM**):

- **Negative Cognition (NC)**, respectively self-statement regarding this moment: 
What beliefs - through which you put yourself down - do you associate with this event today?

- **Positive Cognition (PC)**, respectively self-statement regarding this moment: 
What would you prefer to think about yourself now (instead)?

VoC 1 - 7

Emotions: Which emotions are surfacing right now?

SUD 0 - 10



Body: Which bodily sensations are surfacing right now?





4. Desensitisation and Reprocessing

Reminding of Stop-Signal, role of the observer



SUD 0 - 10

Focussing on: representative image (RI), negative cognition (NC), emotions, bodily sensations

First set of 25 to 40 eye movements (EM), tuning in (type, height, distance, speed)

further x sets of stimulation depending on flow of procedure



Conclusion of Procedure:

Assessing the level of emotional distress, ideally SUD at 0 or 1 the most



SUD 0 - 10

5. Installation:

VoC 1 - 7



Positive Cognition (PK) still applicable?



VoC at 6-7? Yes?

No! Further sets of stimulation...

Yes! Enquire about positive bodily sensations regarding PC...

PC + positive bodily sensations + remaining memory

short, slow set of bilateral stimulation (BLS)

Further positive relief? If so, then 2. or 3. set of BLS

6. Body Scan: >>> only at SUD level 0!!

>>> Imaginative scanning of the body

>>> Positive emotions? Further slow set of stimulation

>>> Negative emotions? Assessment: Client's evaluation

>>> Unstable? SUD level higher than 1?

>>> No body scan!! Provisional Conclusion ... Phase 7



7. Closure: >>> Debriefing, change of location, move to meta-level

>>> Reflection, insights, wishes, following days

>>> **Provisional conclusion?** Safe! Safe place! Stabilization, resources

>>> Further treatment planning (Phase 8)



8. Reevaluation/ Treatment Plan (Notes):



Meaning of The Symbols

Flower = sufficient resources?



Plant In Soil = sufficient stabilisation?



Train Metaphor = established?



Stop Sign = agreed upon?



House And Garden = safe place?



Waving Smiley = type of stimulation established?



EM = Eye Movement

Focussing on Cognition/ Spirit



Focussing on Emotions/ Feelings



Focussing on Body



Anchor: Installation



Book/ Pen: perhaps journaling

