

EMDR Session Notes

Client: _____ Date: _____ Session # _____ Age: _____

Identified Symptoms and other Relevant Information

Use Floatback, Affect Scan, Direct Questioning

Presenting Issue _____

Picture _____

NC _____

Emotions _____

Body Sensation _____

Feeder Memories (list to find touchstone, worst, most recent)

Target _____

Image/Picture: _____ N/C: _____

PC & VoC : _____ Emotions: _____

SUD: _____ Body: _____

Target Complete: Yes: _____ Correct PC & VoC at end of session: _____

Target Incomplete: _____ Ending SUDS _____

How was the session closed: _____

New skills or resources developed or needed? _____

Clinical observations; other potential targets that came up; concerns; blocking/looping; processing questions, client's take-a-way or insights, etc.

Treatment plan changes (additional targets to add?)
