

EMDR Therapy Standard Protocol Assessment Worksheet

“Remember, you may experience images, thoughts, feelings or body sensations. Just notice them and be aware of your process. When we stop and check in I just need a few words describing what you are noticing or experiencing. We want to keep it short, as talking too much about your process can get you out of it. Remember you have a stop signal and I’m right here with you.”

Phase 3: Assessment

BLS Set-Up and Stop Signal:

Target for Processing:

Image: *“What picture represents the worst part of the issue?”*

Negative Cognition (NC): *“What words go best with that picture that express your negative belief about yourself now?”*

Positive Cognition (PC): *“When you bring up that picture, what would you like to believe about yourself now?”*

VOC (Validity of Cognition)

“When you think of the picture, how true do those words {repeat the positive cognition} feel to you now on a scale of 1 to 7, where 1 feels completely false and 7 feels completely true?”

1 2 3 4 5 6 7

Emotions

“When you bring up the picture, and the words {repeat the NC}, what emotions do you feel now?”

SUDS (Subjective Units of Disturbance Scale)

“On a scale of 0 to 10, where 0 is no disturbance or neutral, and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”

0 1 2 3 4 5 6 7 8 9 10

Body Sensations: *“Where do you feel it in your body?”*

Phase 4: DESENSITIZATION

"Now, bring up the picture and the words {repeat the NC}, notice the feelings and where you feel it in your body, and just notice."

Begin chosen means of BLS, approximately 20-30 sets modifying as appropriate.

Check in: *"What do you notice/What comes up?"* & instruct clt *"Got with that/Notice that"*

Continue processing until client reports 2-3 consecutive sets of neutral or positive material, then return to target.

Return to target:

"Go back to the original experience/memory/target. What do you notice now?"....."Go with that"

Check SUDS:

Once you have returned to the original target and NO new distressing material arises after 2-3 consecutive sets check SUDS.

"When you bring up the original experience/memory/target, on a scale of 0-10 with 0 being no disturbance and 10 being the worst, how disturbing does it feel to you now?"

0 1 2 3 4 5 6 7 8 9 10

If SUDS > 1, keep processing with sets of BLS. May ask *"What's in the 1?"* or *"What keeps it from being a zero?"*

Continue processing for anything above a 0 or an ecological 1. (*"Go with that"*)

Once target is fully processed, move to Installation.

Phase 5: INSTALLATION

Tell the client: *"We're now going to move into installation of the positive belief and feelings."*

Check the Positive Cognition (PC)

"Do the words {repeat the PC} still fit or is there another positive statement that fits better?"

Check the Validity of Cognition (VoC)

"When you bring up the original target, how true do those words {repeat selected PC} feel now on a scale from 1 to 7, where 1 is completely false and 7 completely true?"

1 2 3 4 5 6 7

Installation of the Positive Cognition (PC)

"Now think of the original experience/memory/target and hold it with the positive belief {repeat PC}, and just notice (add sets of BLS)." Fast and long sets of BLS to install.

Check VoC again until it installs to a 7.

Phase 6: BODY SCAN

“Hold the original experience in mind, and the positive believe (REPEAT PC), scan your entire body from head to toe and let me know of any disturbance.

If disturbance is reported, add BLS fast and long to process. Repeat body scan and BLS until body is cleared of disturbance.

Phase 7: CLOSURE

The client should always leave in a state of equilibrium. If you got to a 0-7-clear you may not need to do anything to wrap up. If the target is incomplete take some time to shift back to the window of tolerance.

Inform your client that time is ending.

Celebrate the work they’ve done.

Avoid verbal processing and talk therapizing the work.

Use any skills the client finds appealing to shift back to the window of tolerance: Containment;

Safe/Calm Place; Mindfulness; an Ally or Resource; Grounding; Breathing

Offer reminders to your client of what to expect:

“Remember that the processing may continue in the next few days including dreams, insights, thoughts, emotions, sensations and memories. This is normal. You can keep a log of things that arise, especially if there are things we might need to target in future sessions. If something disturbing arises, just notice it. Use your skills if you need them, and reach out to me if needed.”