

Target Identification Worksheet: Finding the Touchstone

Presenting issue, symptom, belief (from case conceptualization form)

1. _____
2. _____
3. _____

***Note:** If a client is able to stay within the window of tolerance, this step can be completed during Phase 1 according to Shapiro. It is important to note many clients may become dysregulated during this process. **It may be more appropriate to do this step when a client is sufficiently resourced and ready to move to Phase 3 and 4.**

Lighting Up the Presenting Issue

Based on the presenting issues we agreed to work on, which one would you like to start with first?

Target: _____

Picture: *What picture/image/symbol represents the **worst part** of the (insert target) issue/memory/experience for you as you think about it now?* _____

N/C: *What words go best with the (picture/image/symbol that express your negative belief about yourself now?*

Emotions: *What emotions do you feel (or notice) now?* _____

Body: *Where do you feel it in your body?* _____

***** Floatback / Affect Bridge:

Use this to find the *Touchstone*, *Worst*, and other relevant past memories. Make a list of any feeder memories (targets) and ages that arise from the Floatback/Affect Bridge Technique until you find the **Touchstone**. If the memory is from their adult or teenage time, floatback to see if there is anything earlier. These memories will go into the **Target Sequence Plan (EMDR Treatment Plan)**.

Now concentrate on that picture of (repeat the picture) and those negative words (repeat the N/C), all the feelings you are having and where you feel it in your body and let your mind float back to the earliest time you remember feeling this way without censoring it. What is coming up?

Next: Phase 3 Assessment

Target Sequence Plan (EMDR Treatment Plan)

Theme: _____ Presenting Issue # _____
Symptom(s) _____ _____
Overall Goal _____

Past Memories + NC + PC	Age	C
Touchstone		
Worst		
Most Recent		
Other		
Other		
Other		

Present Trigger + NC	SUD	C
Most Recent		

Future Template / Anticipatory Fears	C	Resources, Skills & Ego Needed, RDI	C

Existing Resources / Positive Experiences

Protocol (s): _____

Prong to begin with: Past _____ Present _____ Future: _____