

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: _____