

EMDR PROCESS NOTE

Target: _____

Picture (*worst part*): _____

Negative Cognition (*neg. belief, distortion*): _____

Positive Cognition (*preferred belief*): _____

VoC (Validity of Cognition) *How true does the PC feel to you now when you think of the picture?*

completely false 1 2 3 4 5 6 7 completely true

Emotions (*when thinking of picture and neg cog*): _____

SUDS (Subjective Units of Disturbance) *How disturbing is the picture now?*

no disturbance 0 1 2 3 4 5 6 7 8 9 10 highest disturbance

Location of body disturbance: _____

Floatback: yes/no

Desensitize (*picture + body sensations + neg cog* → *BLS*): _____

Installation (*when SUDS is 0, check VoC, is VoC still appropriate, picture +pos cog BLS*)

Body Scan: _____

Is this a complete session: yes/no

If not, do container exercise.

Plan for next time: _____