

EMDR CHECKLIST

PHASE ONE (History Taking)

- ☐ Explain EMDR/AIP in simple terms
- ☐ Build rapport
- ☐ Top ten best and worst memories
 - In chronological order
 - With age of memory
 - With SUDs
 - Look for memory gaps and try and fill them in
- ☐ Look for blocking beliefs and secondary gain factors
- ☐ Evaluate for dissociation and affect tolerance (use the [DES](#))

PHASE 2 (Preparation and Resourcing)

For everyone:

- ☐ **Window of Tolerance psychoeducation (to feel AND think at the same time)**
- ☐ Calm/safe place, calm/safe person (so the client has a safe space to return to)
- ☐ Light Stream (to calm the nervous system)
- ☐ The Flash Technique
- ☐ Collaborate with client
 - ☐ Look for low hanging fruit
 - ☐ Organize targets into trauma chains, cluster, themes
 - ☐ Decide on the first and subsequent targets together

For those lacking self awareness and insight:

- ☐ Mapping Parts

For intellectualizers and those not connected to their body:

- ☐ Feeling Wheel Exercise (to locate body sensations)

For those with attachment issues and lacking self compassion:

- ☐ Dyadic Resourcing

For those struggling with dissociation:

- ☐ Window of Tolerance psychoeducation (to feel AND think at the same time)
- ☐ Teach the difference between calm and numb states
- ☐ Mapping Parts
- ☐ Fraser's Dissociative Table Technique
- ☐ Consultation, consultation, consultation

For those you suspect might also have OCD:

- ☐ Evaluate with the [Y-BOCS](#)
- ☐ Know the difference between [PTSD and OCD](#)

For those struggling with addiction:

- ☐ Feeling State Addiction Protocol (FSAP)

PHASE 3 (Assessment)

- ☐ Use [session script](#) or [process note](#)
- ☐ Bring the three vectors together (image, [negative cognition](#), and body sensation)

PHASE 4 (Desensitization and Reprocessing)

- ☐ Start with about 25 back and forth passes
- ☐ Return to target as each channel is completed
 - ☐ What did you notice? Go with that
 - ☐ Use Cognitive Interweaves if needed
- ☐ Continue until SUDs is a 0 or a 1 (without disturbance)

PHASE 5 (Installation)

- ☐ Check that the Positive Cognition is still the best one and that the VOC is a 6 or 7
- ☐ Check Link the PC with the original memory and do a short set of BLS

PHASE 6 (Body Scan)

- ☐ Have the client close their eyes, think about the memory and scan their body
 - ☐ If still disturbing, Go With That

PHASE 7 (Closure)

- ☐ Debrief as you see fit with client rapport in mind
- ☐ If session is incomplete:
 - ☐ Explain the reason for stopping (time, flooding, dissociation, etc.)
 - ☐ Give encouragement for effort and progress
 - ☐ Do container exercise
 - ☐ Or, do lightstream, other grounding exercises, etc.

PHASE 8 (Re-evaluation, the following session)

- ☐ Ask the client for current SUDs
- ☐ Ask them if they have noticed changes in triggers or symptoms
- ☐ Collaborate to pick the next target (past, present, or future)

When clients are not progressing, consider these things:

- If clients report that the SUDs went up in between sessions, they might be looking at the whole trauma chain - OR- they might be dissociative
- If the client has memories that “stay processed” but they are not experiencing symptom relief, check for:
 - Dissociation
 - Have present/recent targets been processed?
 - Has the future template been processed?
- They seem to loop and loop and get nowhere, evaluate for OCD
- SEEK CONSULTATION!