

This is a visual representation of how one might organize information for use in the different phases of EMDR. If you imagine EMDR as an accordion folder, and each of the phases as a tab, then the information that fits within each tab is listed.



Phase
1

Client Hx and Tx Planning

Intake Assessments, Genograms
Trauma Loss Hx, Case Formulation, Goal Setting,
Motivational Interviewing, Treatment Planning

Phase
2

Preparation A - "Fence Around"

Case Management (Housing, Food, Medical,
Education, Vocational), Building Support Network,
Parent/Partner Training - Predictability, Routine,
Consistent Discipline, Support, Communication

Phase
2

Preparation B - "Personal Training"

Therapeutic Rapport, Psychoed, Self-Soothing,
Grounding, Coping Skills, Resource Development
Installation, Relaxation, Visualization, DBT, CBT,
etc.

Phase
3-8

Trauma Resolution - "Dragon Slaying"

EMDR Practice Form
Troubleshooting in EMDR,
Flow Chart, Hand Model

Consolidation of Gains

Revisit case management and self management
skills. Get daily functioning as high as it can get.

Relapse Prevention & Harm Reduction

Focus on anticipated future challenges,
developing plans for managing them.
Relapse prevention plan