

EMDR Protocol

Client Name: _____

Session Date: _____

Phase 1 - History Taking:

Past traumas:

Current triggers:

Phase 2 - Preparation:

Trust-building activities:

Explanation of EMDR process:

Coping mechanisms developed:

Phase 3 - Assessment:

Specific traumatic memories identified:

Associated thoughts:

Associated emotions:

Bodily sensations:

Phase 4 - Desensitization:

Bilateral stimulation method used:

Observations during desensitization:

Phase 5 - Installation:

Positive beliefs to strengthen:

Progress in belief installation:

Phase 6 - Body Scan:

Remaining physical tension or discomfort:

Need to return to Phase 4 (Yes/No):

Yes

No

Phase 7 - Closure:

Client's emotional state at the end of the session:

Self-care instructions given:

Phase 8 - Reevaluation (for subsequent sessions):

Progress review:

New trauma identified (Yes/No):

Yes

No

Need for further treatment of previously targeted memories (Yes/No):

Yes

No

Interpretation:

Key findings:

Therapist's analysis:

Recommendations for future sessions: