EMDR Phase 1: History taking and treatment planning

eyemove.app

Client | **Date** | **Session**

Part 1 Presenting concerns

Why the client is here now, in their own words.

Reason for seeking therapy

Current symptoms

What they are, when they started, how often they occur and how they affect daily life.

Goals for therapy

What would be different if therapy worked?

Part 2 History

Ask for a short headline for each memory, not the details.

Significant events in childhood

Significant events in adolescence

Significant events in adulthood

Earliest memory connected to the current problem

Relevant family history

Previous therapy, including any experience with EMDR

Part 3 Present triggers and future concerns

Present triggers

Situations, people, places, sounds or body sensations that bring the problem up now.

Future situations

What does the client want to be able to handle differently?

Part 4 Readiness for processing

Tick when reviewed. Note anything that needs attention before Phase 3.

- [ ] Life situation stable enough to start processing
- [ ] Uses at least one self-regulation skill when distressed
- [ ] Screened for dissociation, for example with the DES-II
- [ ] No current crisis that needs attention first
- [ ] Medical considerations reviewed, for example pregnancy, seizures, eye problems or heart conditions
- [ ] Medication and substance use reviewed
- [ ] Current risk assessed: suicidal thoughts, self-harm, harm to others
- [ ] Ongoing legal proceedings considered
- [ ] Possible secondary gains discussed
- [ ] Support between sessions identified

Notes on readiness

Resources the client already has

People, places, activities and memories that help.

Part 5 Treatment plan

Rate the current disturbance of each item from 0 to 10 to help decide the order.

Target Headline only	Type Past, present or future	SUD 0 to 10	Order

Negative cognition themes noticed

Responsibility, safety, self-worth or helplessness.

Resources to build in Phase 2 before processing