

EMDR THERAPY PSYCHOSOCIAL INTERVIEW AGENDA —CLIENT SELECTION CRITERIA— CHECKLIST

The following may be treated as a clinical checklist or worksheet:

- OK:** Has been addressed and is appropriate for EMDR therapy.

- PROBLEM:** Problem/Concern.
Wait until completion of Basic Course or until further preparation and stabilization have been achieved.

- CONSULTATION:** Consultation indicated with EMDR clinician with expertise in area of concern.

CLINICAL CONCERNS:

CLIENT STABILITY -DEVELOPMENTAL DEFICITS - ABILITY TO MANAGE STRESS

- OK** **PROBLEM** **CONSULTATION**

Client has been screened for Dissociative Disorder. DD rules out use of EMDR therapy by Part One-trained clinicians. See *Clinical Signs of Dissociative Disorders and DES* in Appendix. In addition to a Mental Status Exam, the DES or the MID (see Appendix) should be used for any client of whom you have concerns. Special preparation for DD clients is needed to establish their capacity to maintain dual awareness in order for reprocessing to occur. Indicators of poor psychic development include but are not limited to:

- Years of unsuccessful psychotherapy
- Minimal or poor responses to psychotropic medications
- Depersonalization and/or derealization
- Dissociative Disorder
- History of hospitalizations
- Somatic symptoms
- Chronic instability at home and/or at work
- Inability to learn from experience
- Previous unsuccessful treatment of addictions and/or compulsions
- Secondary gains to maintaining their symptomatology

ACUTE PRESENTATIONS

- OK* *PROBLEM* *CONSULTATION*

The following situations require caution and case consultation:

- Major loss, illness or injury
- Life threatening substance abuse
- Recent suicide attempt(s)
- Self-mutilation
- Serious assaultive or impulsive behavior
- Psychotic episode

STABILIZATION

- OK* *PROBLEM* *CONSULTATION*
- Adequate stabilization/self-control strategies in place
- Client must have a workable means of managing distress as necessary during and between sessions
- Client has adequate life supports (friends, relatives, etc.)
- Systems/issues that might endanger client have been addressed
- Client able to call for help if indicated
- Medical marijuana use
- Client is safe at home

MEDICAL CONSIDERATIONS

- OK* *PROBLEM* *CONSULTATION*
- General physical health/medical condition/age considered (possible exacerbation with stress)
- Medications
- Inpatient if necessary to manage danger to client or others
- Eye pain contraindicates EMs until cleared by physician (use alternate forms of stimulation)
- Any neurological impairment or physical complication inappropriate for Weekend 1/Part 1 clinicians
- Pregnancy: first trimester cautions; other complications

TIMING CONSIDERATIONS/READINESS

- OK* *PROBLEM* *CONSULTATION*
- Timing of life events (projects, demands, work schedules, vacations, etc.)
- Availability of both therapist and client for continuity of sessions, support, and follow-up
- Willingness/ability to participate in the treatment plan
- 90-minute sessions (if possible) 50 minutes minimum