

PHASE TWO: PREPARATION CHECKLIST

Check when completed:

Explanation of EMDR

- AIP/REM

"When a disturbing event occurs, it can get locked in the brain with the original picture, sounds, thoughts, feelings and body sensations, EMDR seems to stimulate the information and allows the brain to reprocess the experience. That may be what is happening in REM or dream sleep--the eye movements (tones, tactile) help to reprocess the associated material. It is your own brain that will be doing the healing and you are the one in control."

EMDR Seating Position

- Seating arrangement (ships passing)

Eye Movements

- Comfortable distance from client's face
- ~~Comfortable~~ speed (horizontal EMs)
- Alternative directions (- / \) Processing - fast

Alternative Bilateral Stimulation (to be used only if necessary)

- Tapping
- Auditory

Client Stability/Coping Strategies

- Metaphor (train/video)

"In order to help you 'just notice' the experience, imagine riding on a train or watching a video while the images, feelings, thoughts, etc., are just passing by."

- Stop signal
Dissociation Signal