

EMDR Trauma Protocol: Worksheet and Progress Notes

Client Name _____ Date _____

Assessment:

Picture: *What picture or image represents the worst part of the incident (or memory or issue)?*

Negative Cognition: *When you bring up that picture, what do you believe about yourself now?*
NC:

Positive Cognition: *When you think of that picture (or incident), what would you like to believe about yourself now?*
PC:

VoC (Validity of Cognition): *When you think of the picture (or incident), how true does (repeat the positive cognition) feel to you now on a scale of 1 to 7, where one feels completely false and 7 feels completely true?*

Completely false 1....2....3....4....5....6....7 Completely true

Emotions/Feelings: *When you bring up the picture (or incident) and those words (repeat above negative cognition), what emotions do you feel now?*

SUDS: *On a scale of 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?*

0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10
Neutral Highest Disturbance

Body Location: *Where do you feel the disturbance in your body? Or Do you have a feeling sense of this?*

Desensitization

Say: *"I'd like you to bring up that picture, the negative belief about yourself (repeat the negative cognition), and notice where you feel it in your body – let me know when you have it all and we will start the BLS.*

After Set: *"Take a deep breath. What do you notice now? or What do you get now?"*

Processing and checking for new channels: Continue processing with several sets of BLS until there is no new disturbing material coming up.

To go back to Target ask:

"When you go back to the original experience, what do you get now?" If there is no new, disturbing material, check the SUDs. (SUDs should be 0 before moving to Installation.)

To Check SUDs: *"When you bring up the experience, on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now?"* (If SUDs is 1 or greater, continue processing. If SUDs is 0, do one more set to check for any more channels, and then move on to Installation.)

Installation Linking the desired positive cognition with the original memory/incident or picture:

Ask: *“Do the words (repeat the PC) still fit, or is there another positive statement you feel would be more suitable?”*

Ask: *“Think about the original incident and those words (repeat the selected PC). From 1, completely false, to 7, completely true, how true do they feel to you now?”*

Ask: *“Think of the original incident and the words (PC).”* Do BLS. Ask, *“What do you get?”*

Continue installation as long as the material is becoming more adaptive. If client reports a 7, do BLS again to strengthen and continue until it no longer strengthens. Go on to Body Scan.

If client reports a 6 or less, check appropriateness of PC and, if necessary, address blocking belief with additional reprocessing.

Body Scan

“Close your eyes. Bring up the incident and the positive statement (repeat PC), and mentally scan your entire body. Tell me where you feel anything.” If any sensation is reported, do BLS. If a positive/comfortable sensation, do BLS to strengthen the positive feeling. If a sensation of discomfort is reported – reprocess until discomfort subsides.

Notes for Future Sessions