



CLIENT READINESS

Adaptive Information Processing

- Processing is the forging of new connections between the targeted dysfunctional memory network and memory networks containing more adaptive information
- In order for processing to take place, the client needs to access the information as it is currently stored – without “fear of the fear”
- Positive networks must exist
- The client must be able to stay present (dual awareness)
- Client history of traumatisation does not dictate whether the positive networks exist

If appropriate screening for DD has been done, the following indicators can be used to determine whether one can begin EMDR processing, if one is a neophyte EMDR clinician. Seasoned EMDR clinicians who are highly experienced with difficult populations can rely more on personal clinical judgment:

- No major psychosis or depression
- After consultation with GP/physician if there was an organic-based loss of consciousness during event or if other physical issues exist that may be exacerbated by stress (discuss potential alleviating of stress through processing)
- Not danger to self or others
- Not currently in crisis (unless this is being pushed by traumata)
- Ability to use some method to change state, or self-soothe
- Ability to maintain contact (with therapist and internal experience) during stimulation sets
- “Truth-telling” agreement/ability