

INITIAL CASE CONCEPTUALISATION: EMDR Part 1

Psychological trauma or distressing life event

1. Presenting problem/s including current triggers

Emerging Themes?

- Responsibility/Guilt/Shame
- Safety/Vulnerability
- Self defectiveness / being bad/unlovable/useless/failure

2. Past History

- Trauma/distressing events and coping style
- Developmental gaps or "lags"
- Resources – in self, in relationships, in early attachments
- Ability to regulate emotions
- Achievements
- Themes

3. Future

- Treatment goals (SMART?)
- "Where / who do you want to be at the end of treatment?"
- "What would you want to be able to do at the end of treatment?"
- Future template (based on the above)