



Phase 3 of an 8 phases EMDR protocol

ASSESSMENT

What is the presenting issue or memory?

3.1 Target image

*"What picture represents the worst part of the incident?" or
"What picture represents the entire incident?"*

Write it down

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If there is no picture or image, then ask:

"When you think of the incident, what comes up?" (Baseline to assess how memory is currently encoded).

3.2 Cognitions

Negative Cognition:

"What words go best with that picture which express your negative belief about yourself now?" or "When you think of that incident, what negative thoughts do you have about yourself now?"

Negative Cognition

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Positive Cognition:

"When you bring up that picture and those negative words, (therapist repeats the client's Negative Cognition) what would you like (or prefer) to believe about yourself now?"

Positive Cognition

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VOC (Validity of Positive Cognition)

"When you think of that picture, how true do those words (therapist repeats the client's positive cognition) feel to you now on a scale of 1 - 7, where 1 is completely false and 7 feels completely true?"

1 2 3 4 5 6 7
(completely false) (completely true)

Validity of Cognition (VoC).....

When the VOC=1, check the appropriateness of the positive cognition.

3.3 Emotion

"When you bring up that picture and those words (therapist repeats client's negative cognition) what emotions do you feel now?"

Emotion

SUDs - Subjective units of distress or Level of Disturbance

"On a scale of 0 - 10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now?"

0 1 2 3 4 5 6 7 8 9 10
(no disturbance/neutral) (highest disturbance)

SUD

3.4 Sensation (location in the body)

"Where do you feel it in your body?"

A description of the sensation is not essential, only the location. Numbness or "blockage" can be a sensation: *"Where do you feel the numbness?"*

Body location

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