

PHASE 1: EMDR-FOCUSED HISTORY

Presenting Issue (EMDR Reprocessing Specific):

“Tell me what issue or situation you’d like to address?”

Present Triggers

“Tell me a little more about it.”

Ask questions such as:

“When does it happen?”

“When did it start?” or “How long has it been an issue?”

“How do you contribute to the situation?”

“Tell me a recent situation when this happened?”

*“What represents the **worst part** of this situation?” (This could be represented by a picture, sound, smell emotion, sensation, etc.)*

“As you think of that situation, what emotions or sensations are you feeling right now?”

Negative Core Belief

“As you think of that situation and the sensations you are experiencing right now, what words best describe yourself negative belief about yourself?”

Past (Use direct questioning, float back and/or affect scan to identify the earliest incident (Touchstone Event).

“Focus on the sensations your are experiencing and that negative belief and allow yourself to float back (or scan back) to an earlier time when those thoughts were experienced. What memory comes up?”

Additional questioning/float back/scans may be needed to identify the earliest experience the client is able to recall (***Touchstone**).

Caution: Repeated eliciting of strong emotions and physical sensations may over-access and activate memory networks and flood the client.

“Any earlier?”

“Any situations as a child with either of your parents, siblings, school?”

***Touchstone:** (Record the earliest recalled experience – identified above)

Positive Cognition: (as the client thinks of the touchstone)

“As you think of the earliest (or worst) incident, how would you like to think about yourself?”

Future Desired Outcome:

“As you think of your present problem, how would you like to see yourself handling the situation?”

EMDR TARGETING SEQUENCE PLAN
(A Summary Of The EMDR History Taking Process)

PRESENTING PROBLEM

TARGET for first EMDR reprocessing session:

TOUCHSTONE (or worst)

NC: _____

PC: _____

PAST INCIDENTS:

AGE	INCIDENT
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PRESENT TRIGGERS

FUTURE GOALS
