

## History-Taking & Target / Treatment Plan

**Explanation:** *When icky things happen that are too overwhelming for our brains to handle at the time, the memory gets stuck in what we call “state memory.” All the things we experienced with our five senses – sights, sounds, smells, tastes and physical feelings the body had at the time – plus the thoughts, emotions, and body sensations, are stored in unhealthy ways in our brains and bodies. When something comes along that reminds our brain and body of what happened, whether WE remember it or not, all that old stuff gets stirred up, plus what just triggered it, and then THAT gets stored in the same way, making the problem worse.*

*When we are in a place of safety and security and use EMDR with side-to-side eye movements, sounds, and/or taps, the brain starts to think about things differently and lets go of things that are disturbing and holds onto the positive things that help us be healthier, happier and stronger. All you need to do is be curious and occasionally give me brief feedback about what you’re experiencing in that moment. It can be a thought, emotion, body sensation, memory, sound, smell, picture...whatever comes up in your awareness. If it ever gets to be too much and you need to take a break, don’t forget you have your time out signal. We just created your Container and Happy Place as tools to help you through this process.*

*Before we begin to focus on your concern, I’d like you to tell me a little about some of your favorite memories / positive experiences from childhood that we could use as resources.*

### Positive Experiences

### Age

_____	_____
_____	_____
_____	_____

**You initially said you’d like to focus on** \_\_\_\_\_  
*during this training. As we’ve been building your resource tools, has that evolved or is it the same?*

*Tell me more about it* \_\_\_\_\_  
\_\_\_\_\_

*What is a recent example of a time when this bothered you?* \_\_\_\_\_  
\_\_\_\_\_

*What are other recent experiences when you were triggered?* \_\_\_\_\_  
\_\_\_\_\_

*As you focus on it, what is the worst part of it for you? Notice any pictures (or other sensory elements – sounds, smells, tastes, physical touch) that are associated with it.* \_\_\_\_\_  
\_\_\_\_\_

*What are the emotions you are feeling as you think of it?* \_\_\_\_\_  
\_\_\_\_\_

*Notice what you are feeling in your body (body sensations) as you focus on it?* \_\_\_\_\_  
\_\_\_\_\_

*What is / are the negative though(s) or belief(s) that you’re having about yourself as you’re thinking about it?* \_\_\_\_\_  
\_\_\_\_\_

**Float back / Affect Scan:** *As you focus on all of this, ask your body and brain to take you back to earlier times when you had similar experiences – when you felt like this – to the time before, and the time before, to your earliest awareness...* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Past Experiences**

**Age**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Present Triggers** *Are there other people, places, things, or situations that bring up all this yuck?*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Future Template** *How would you like to see yourself handling these triggers in the future?*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Possible Negative Beliefs (Rat talk)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Potential Preferred Positive Belief** \_\_\_\_\_  
\_\_\_\_\_

**Tentative target for first processing session** \_\_\_\_\_  
\_\_\_\_\_

**Cue Words:**      **Container** \_\_\_\_\_ **Happy Place** \_\_\_\_\_