

Phase 2 Preparation: Resourcing (For Practicum & Initial Learning)

List of existing adaptive coping skills and resources (internal and/or external):

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Briefly review skills/resources and their use and allow client to demonstrate if applicable.

Teach the options for bilateral Dual Attention Stimulus (DAS) at the **SLOW, SHORT** rate and have client make their initial choice. Remember that *slow* varies from person-to-person. Some time will need to be spent in orientation and trial-and-error.

Teach **Container** and one other skill covered so far in the course:

_____ Light Stream
_____ Calm Safe Place/Space

Refer to Guided
Outlines & Directives
for Assistance

Using the bilateral DAS of the client's choosing (i.e., eye movements, tactile tapping, audio tones), therapist strengthens Calm Safe Place/Space, Light Stream, or Container with **SLOW, SHORT** sets (at least 6-8 passes per set for about 4-6 sets). Follow the scripts in your manual for guidance on how to apply while you are first learning.

Phase 2 Preparation: Stabilization and Resourcing (For Clinical Settings)

Exercises/coping skills that will likely work best in session (e.g., for Closure):

Exercises/coping skills that will likely work best outside of session:

Nature of participant's support network and who knows that participant is in EMDR Therapy:

Safety risks to note and evaluation of protective factors:

Participant's understanding of trauma and EMDR Therapy so far; questions or concerns to address:

Initial form of bilateral DAS chosen; review differences in speed (part of *Checking the Flight Plan*):

Review and establish the Pause & Stop Sign Technique (part of *Checking the Flight Plan*):