

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 *s/low* varies from client-to-client.

Teach 1 (preferably 2 if time allows) of the three major choices covered in the course:

_____ Light Stream

_____ Calm Safe Place/Space

_____ Container

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). 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 client's support network & who knows that client is in EMDR Therapy:

Safety risks to note/Evaluation of protective factors:

Client's understanding of EMDR/Questions or areas of concern to bear in mind:

Chosen form of bilateral DAS/Review speed differences and stop/pause sign technique: