Checking Back in on a Completed Target

Completed Target from previous session: (SUDs = 0, VoC = 7, clear body scan)

Bring up target memory, If SUDs = 0, VoC = 7 & clear body scan, move to future template or next target to address

Bring up target memory and check SUDs and VoC: If SUDs ≠ 0 or VoC ≠ 7 or body scan not clear

Return to Phase 3 – Assessment, continue reprocessing of target memory (be mindful image/worst part may have changed)
Use new Phase 3-7 worksheet

Checking Back in on an Incomplete Target

Incomplete Target from previous session where Phase 5 installation did not occur

Return to Phase 3 – Assessment, continue reprocessing of target memory.
Bring up target memory, check SUDs and VoC
SUDs and/or VoC levels may have shifted from last session

If SUDs ≠ 0, Return to Phase 3 – Assessment, continue reprocessing of target memory (be mindful image/worst part may have changed)
Use new Phase 3-7 worksheet

If SUDs = 0, check VoC

If VoC = 7 go to Phase 5 Installation – follow instructions on Phase 3-7 worksheet
Use new Phase 3-7 worksheet

If VoC ≠ 7 go to Phase 5 Installation – follow instructions on Phase 3-7 worksheet
Use new Phase 3-7 worksheet
The Art of Checking Back in and Planning the Next Move (Re-Evaluation Phase 8)

Starting a New Session in EMDR Therapy

- At the start of each session after reprocessing begins in EMDR therapy (Phases 3-7), the client reviews any new sensations, insights, awareness or experiences they have noticed (as it relates to the work being done in therapy) since the previous session.
- The clinician checks the level of disturbance from the experiences targeted in the previous session, evaluates the continuation of positive results, identifies any new areas needing targeted as part of treatment, and continues reprocessing of additional targets with the client.
- When checking back in, it is not necessary that you have the client bring up the worst part of the memory since hopefully this changed or shifted somewhat; rather, you are checking, in a general sense, if the progress has held.
- Encourage the negative cognition (NC) to stay the same as the previous session although the wording can shift slightly; drastically different negative cognitions generally warrant a new targeting sequence set-up.
- A fully processed memory needs to have processed the past memory, present triggers, and future template.
- When past memories and present triggers have been reprocessed, a future template may be set up to assure maximum crystallization of that target. In cases where the target for reprocessing (Phases 3-7) was future-oriented (which is acceptable), future template would be unnecessary.
- Client and therapist then collaboratively decide what other targets will need to be reprocessed as part of the larger treatment plan. Due to generalization effects during reprocessing, keep in mind that some or all of the floatback memories derived in the initial Phase 1 Client History may have organically resolved on their own.