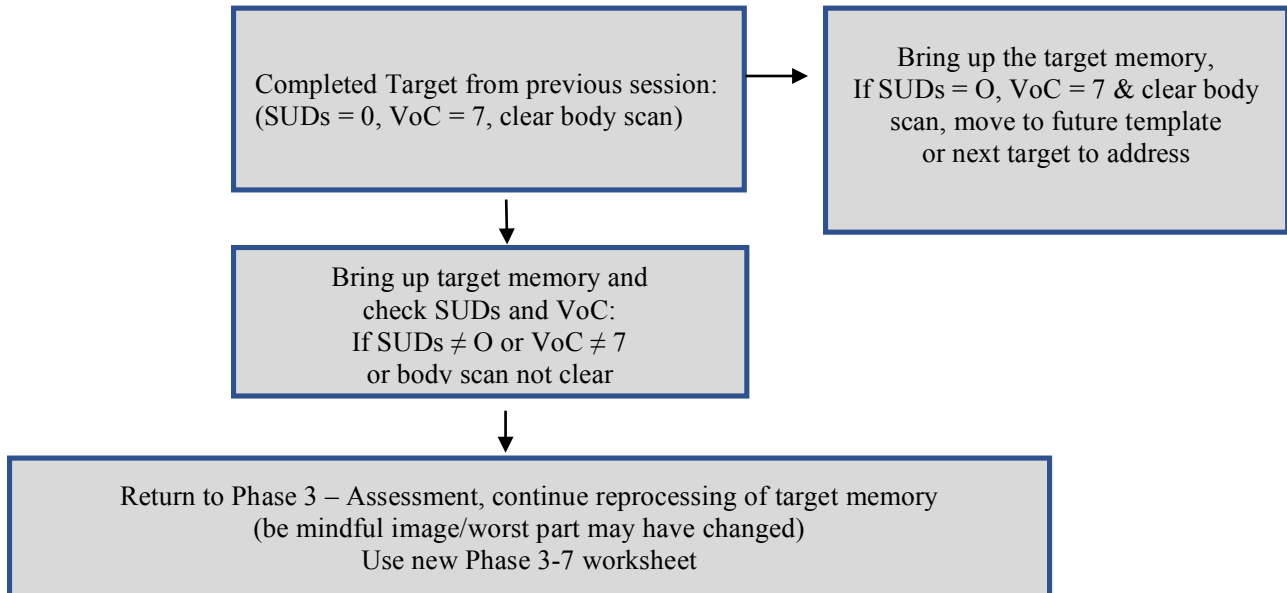
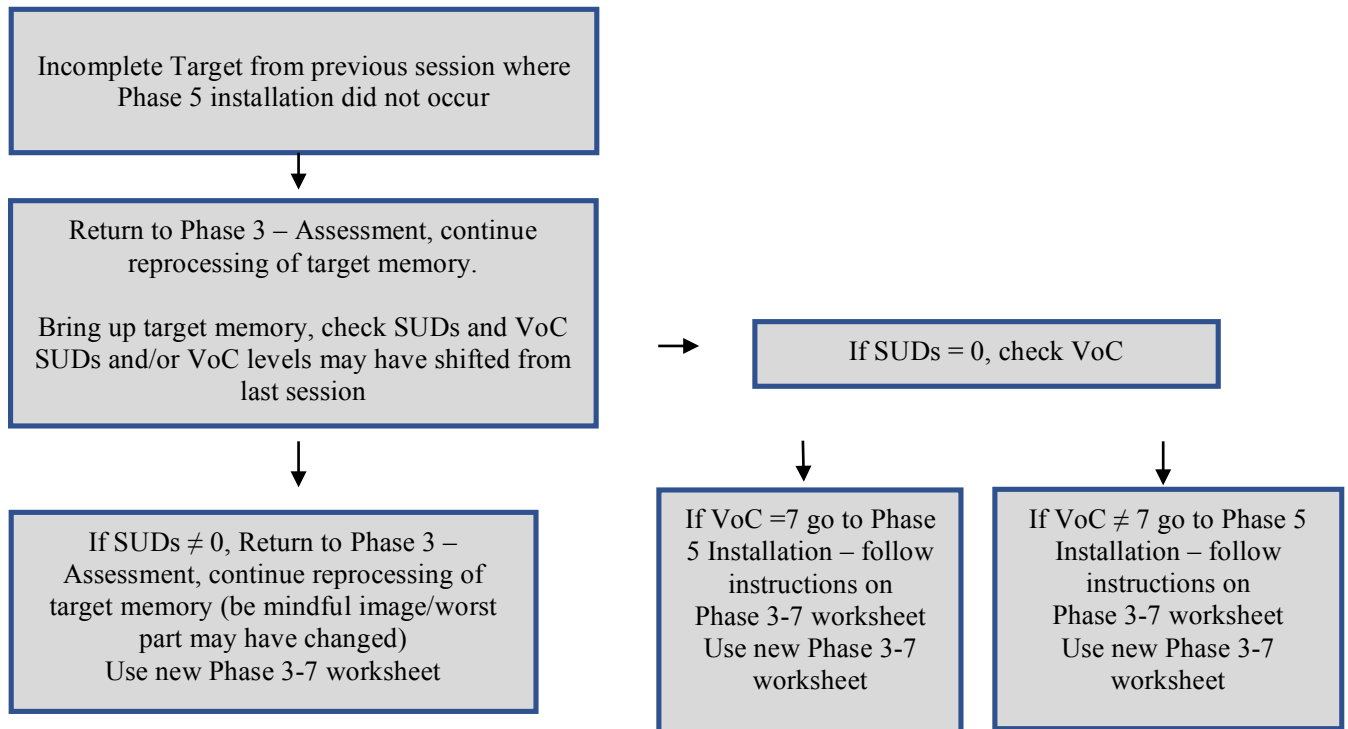


## Checking Back in on a Completed Target



## Checking Back in on an Incomplete Target



## **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.