

Starting a New Session in EMDR Therapy After Phases 3-6 Begin (Part of Phase 8 Work)

General Check In

Hello there. So, what have you noticed since our last session? Any new insights, experiences, sensations? (You can alter specific wording to the client's needs)

➤ In Case of Completed Target (SUDs=0/ VoC= 7/ Adaptive Body Scan)

When you bring up the target memory from last session, where would you rate the level of distress in this moment on a scale of 0-10 with 0 being no distress or neutral and 10 being the worst you can imagine? (NOTE: Do not mention the image or worst part and try to only mention the target memory itself if the client needs reminded. This is a general check in.)

- If SUDs > 0, determine if it is ecological/valid. If not, get out a clean worksheet and return to Phase 3
- If SUDs is 0 or an ecologically low number, check the VoC

How true does the Positive Cognition of _____ feel at your gut level in this moment when you bring up the target memory on a scale of 1-7 with 1 being completely false and 7 being completely true?

- If VoC < 7, determine if it is ecological/valid. If not, get out a clean worksheet and return to Phase 5
- If VoC is 7 or otherwise ecological, re-evaluate the Body Scan

What are you noticing in your body?

- If Body Scan is not adaptive, get out a clean worksheet and return to Phase 6
- If Body Scan is adaptive, the progress on the target is maintained. You may now:
 - Go directly to a Future Template if appropriate
 - Return to Phase 1 Client History and evaluate if other memories obtained in the same theme still carry a charge. If so, move on to reprocessing those or setting up a target for any feeder memories that emerged in reprocessing of original target that are related to treatment goals. Appropriate Future Templates can be visited at any time.
 - Treatment plan can be reviewed to determine new goals, directions, and related targets

➤ In Case of Incomplete Target

(Where Phase 5 Installation or Phase 6 Body Scan Did Not Occur)

- Get out a clean worksheet and begin with Phase 3
- Be mindful that the image or worst part may have changed although encourage the client to keep the Negative Cognition (NC) the same
- Continue with reprocessing until the target completes (if SUDs should go down to 0 naturally between sessions, be sure to check the VoC, install a positive cognition and do a body scan)
- If no forward movement is noted after three sessions, you may consider the following options:
 - Change the modality of bilateral DAS or experiment with set length
 - Consider if there are any other interweave strategies you haven't tried
 - Evaluate if a blocking belief is interfering with forward movement and if client history needs to be completed around that blocking belief. Consider putting current target on pause and targeting a memory connected to the blocking belief.
 - Treatment plan can be reviewed to determine new goals, directions, and related targets