

Module 8 — EMDR Therapy for Trauma & PTSD

Target sequence · Phase 2 stabilization · Phase 3 assessment · reprocessing log · outcomes

Blank worksheets for printing — a teaching aid for supervised skill practice, not a validated instrument.

Three-Pronged Target Sequence Plan (Phase 1)

Map past events (touchstone), present triggers, and future templates. SUDS = 0-10. Use floatback to find touchstone memories.

Presenting problem / symptom

Core negative cognition / theme

Desired positive cognition

PAST — touchstone / formative memories

Memory / event	Age	SUDS 0-10	Process order

PRESENT — current triggers

Current trigger / situation	Reaction (emotion / behavior)	SUDS 0-10

FUTURE — templates

Anticipated situation	Desired adaptive response (with PC)

Anticipated situation	Desired adaptive response (with PC)

Phase 2 — Preparation & Resourcing

Confirm readiness and install affect-regulation resources before any reprocessing. Enhance resources with short, slow BLS sets.

Readiness & dissociation screen

- ☐ Rapport & informed consent for EMDR obtained
- ☐ Model, mechanics & metaphor explained ("just notice")
- ☐ Stop signal agreed and practiced
- ☐ Dual attention tested (hold image + BLS, return to now)
- ☐ Affect tolerance adequate; client can down-regulate
- ☐ Dissociation screened (e.g., DES-II); complex presentation flagged
- ☐ Current safety: no active suicidality / unmanaged substance use / danger
- ☐ Support system & between-session coping in place

Calm / Safe Place

Image / place (real or imagined)

Sights, sounds, smells, sensations

Emotion & where felt in the body

Cue word

Any disturbance that arose with BLS? (if yes, pick another)

Container

The container (what it looks like, how it seals)

What will be placed in it between sessions

Resource Development & Installation (RDI)

Resource	Type (mastery / relational / symbolic)	Felt sense / cue word

Phase 3 — Target Assessment

Fully activate one target: image, NC, PC (same theme), VOC (1-7), emotion, SUDS (0-10), body location.

Target memory

Image ("worst part")

Negative Cognition (present-tense "I am...")

Positive Cognition (adaptive, same theme)

VOC baseline (1-7) _____ Emotion _____

SUDS baseline (0-10) _____ Body location _____

Reprocessing Log (Phases 4-6)

Log each BLS set and what emerged; track SUDS down to 0 (desensitization), then VOC up to 7 (installation), then a clear body scan.

Desensitization sets (Phase 4)

#	What came up (image / thought / emotion / sensation)	Interweave (if stalled)	SUDS 0-10

Installation & body scan (Phases 5-6)

Positive Cognition installed (confirm it still fits)

VOC before _____ → after _____ (aim 7)

Body scan result (clear? residual sensation reprocessed?)

Goals & Outcomes

Set a functional goal and track a repeated PTSD measure (PCL-5 total 0-80; ~10-20 point drop = clinically meaningful).

SMART goal

Specific — what exactly will happen?

Measurable — how will you know?

Achievable — realistic next step?

Relevant — why it matters / which value?

Time-bound — by when / how often?

[illegible]