

8 Phases of EMDR

PHASE 01	<i>History & Treatment Plan</i>	Taking a thorough history & developing a treatment plan that includes a discussion on the problem that has brought you into therapy. Assessing for targets and the order of processing them.
PHASE 02	<i>Preparation/ Resourcing</i>	This usually takes between 1-4 sessions although for some people with a trauma background, this may take even longer (sometimes several months). This phase includes learning calming and grounding strategies & other EMDR techniques to help get a handle on difficult emotions/body sensations, for during/after & in between sessions.
PHASE 03	<i>Assessment</i>	Assessing targets (identified during phase 1) & selecting a specific image/memory, negative belief, & identifying emotions, body sensations that are linked to the target. Also choosing a positive belief (self-statement) that you would rather believe once the processing has been completed.
PHASE 04	<i>Desensitisation/ Processing</i>	Using BLS (eye-movements, knee tapping or buzzers) while focusing on the target to reduce the level of distress using a SUDS scale of 0-10 (with 0 being calm/neutral and 10 = very high distress) to measure the distress, until the SUD is a 1 or 0.
PHASE 05	<i>Installation</i>	Strengthening/installing a positive belief that you want to replace the original negative belief by using BLS (measuring this with a VOC scale of 1-7 with 1 being not true and 7 very true), until the VOC reaches a 6 or 7.
PHASE 06	<i>Body Scan</i>	Doing a mindful body scan to assess for any resistance to the idea of the positive belief & to check for any residual tension in the body, & processing this out using BLS. When a person is affected by trauma, information about the traumatic event is stored as a body memory (physical sensations). EMDR is therefore not considered successful until <u>all body tension</u> has been cleared.
PHASE 07	<i>Closure</i>	Debriefing of the session and taking some time to return to a state of equilibrium by using containing and calming strategies. A brief discussion on what to expect & what to do between sessions.
PHASE 08	<i>Re-evaluation</i>	This starts a new session. Checking the target & the SUDS to be sure that the distress remains reduced & the positive belief is strong. To continue processing if the SUDS has not reduced to a 1 or 0.