

# EMDR Therapy Session

## Client Information:

Name:

Date of Session:

Session Number:

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## 1. History Taking & Treatment Planning

**Purpose:** To gather detailed history and understand the client's traumatic experiences.

- **Past traumas or disturbing events:**
  - **Current situations causing distress:**
  - **Therapy goals:**
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## 2. Preparation

**Purpose:** To establish trust and explain the EMDR process.

- **Self-control techniques taught:**
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## 3. Assessment

**Purpose:** Identify target memories for EMDR processing.

- **Traumatic memory visual image:**
- **Negative beliefs:**
- **Desired positive beliefs:**
- **Current emotions:**

- **Distress level rating (0-10):**
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#### **4. Desensitization**

**Purpose:** Reduce the distress associated with traumatic memories.

- **Bilateral stimulation method used:**
  
  
  - **Distress levels after processing:**
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#### **5. Installation**

**Purpose:** To reinforce positive beliefs.

- **Positive belief focused on:**
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#### **6. Body Scan**

**Purpose:** Identify and process any physical tension related to the traumatic memory.

- **Bodily sensations noticed:**
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#### **7. Closure**

**Purpose:** To ensure the client returns to a state of equilibrium.

- **Self-control techniques employed:**
  
  
- **Post-session feelings and observations:**

## 8. Reevaluation

**Purpose:** To ensure the effectiveness of EMDR treatment.

- **Progress review:**
  
- **Residual distress or new concerns:**

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**Therapist's Observations & Notes:**

**Next Session Date & Agenda:**

Date: \_\_\_\_\_

Agenda:

This template is designed to guide the therapist and client through the structured EMDR therapy process, providing space to record key details and observations for each of the eight phases.