

EMDR Therapy Session

Client Information:

Name:

Date of Session:

Session Number:

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:**
-

2. Preparation

Purpose: To establish trust and explain the EMDR process.

- **Self-control techniques taught:**
-

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):**
-

4. Desensitization

Purpose: Reduce the distress associated with traumatic memories.

- **Bilateral stimulation method used:**

 - **Distress levels after processing:**
-

5. Installation

Purpose: To reinforce positive beliefs.

- **Positive belief focused on:**
-

6. Body Scan

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

- **Bodily sensations noticed:**
-

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:**

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.