EMDR in brief

History

Review history

Identify issues

Plan how we'll work

Preparation

Create a calm/ safe place

Learn self soothing techniques

Connect with inner resources

Assessment

Identify triggers & events & negative beliefs

Identify associated emotions and bodily sensations

Create desired positive belief statement

Desensitisation

Bilateral stimulation (eye Movement, tapping, sounds)

React to new insights & associations

Continue until level of distress/ disturbance decreases

Scan body for any disturbance

Clear any disturbance for each event

Strengthen positive self belief

Review/update positive belief statement

Strengthen this belief

