EMDR PROCESS

**PREPARATION**
- Safe place
- Family
- Self-care techniques

**IDENTIFY**
- Disturbing events
- Associated emotions
- Create a positive thought or belief

**DESENSITISATION**
- Bilateral stimulation
- Process feelings, beliefs & images
- Continue until emotions are reduced

**REVIEW**
- Note taking
- Identify issues
- Treatment plan

**IDENTIFY**
- Disturbing events
- Associated emotions
- Create a positive thought or belief