

EMDR PROCESS

REVIEW

- NOTE TAKING
- IDENTIFY ISSUES
- TREATMENT PLAN

PREPARATION

- SAFE PLACE
- FAMILY
- SELF-CARE TECHNIQUES

DESENSITISATION

- BILATERAL STIMULATION
- PROCESS FEELINGS, BELIEFS & IMAGES
- CONTINUE UNTIL EMOTIONS ARE REDUCED

IDENTIFY

- DISTURBING EVENTS
- ASSOCIATED EMOTIONS
- CREATE A POSITIVE THOUGHT OR BELIEF

