

CLIENT SELECTION CRITERIA CHECKLIST

(Adapted from the EMDRIA Training Workbook)

OK Has been addressed and is favorable for EMDR use

C Consultation indicated with EMDR clinician with experience and expertise in the indicated area

CLIENT STABILITY/ABILITY TO MANAGE STRESS _____

Secondary gain issues identified and appropriately addressed.

Clinician and client have considered severity of issues which may be activated based on history and clinical assessment.

Client has been screened for Dissociative Disorder (DD).

Areas that indicate additional DD screening is necessary:

- Years of unsuccessful psychotherapy
- Depersonalization and/or derealization
- Memory lapses
- Flashbacks and intrusive thoughts
- Somatic symptoms

ACUTE PRESENTATIONS _____

The following situations require caution and case consultation may be indicated:

- Life threatening substance abuse
- Serious suicide attempts
- Self-mutilation
- Serious assaultive behavior
- Dissociative disorders

STABILIZATION _____

The following should be assessed before beginning reprocessing:

- Adequate stabilization/self-control strategies in place
- Client must have a workable means of dissipating disturbance if necessary, during or between sessions
- Client has adequate life supports (friends, relatives, etc.)
- Systems/issues that might endanger client have been addressed
- Client able to call for help if indicated

MEDICAL CONSIDERATIONS _____

The following should be assessed before beginning reprocessing:

- General physical health/medical condition/age considered (possible exacerbation with stress)
- Medications
- In-patient if necessary, to manage danger to client or others
- Eye pain contraindicates EMs until cleared by physician (can use alternate forms of stimulation)
- Neurological impairment or physical complication that may contraindicate BLS

TIMING CONSIDERATIONS/READINESS _____

The following should be assessed before beginning reprocessing:

- Timing of life events (projects, demands, work schedules, etc.)
- Availability of both therapist and client for support and/or follow-up
- Willingness/ability to continue treatment as indicated
- 90-minute sessions (if possible)

PHASE TWO: PREPARATION CHECKLIST

EMDR Seating Position

- Seating arrangement (ships passing)

Eye Movements

- Comfortable distance from client's face
- Comfortable speed (horizontal EMs)
- Alternative directions (- / \)

Alternative Bilateral Stimulation (to be used only if necessary)

- Tapping
- Auditory

Explanation of EMDR

- AIP/REM

"When a disturbing event occurs, it can get locked in the brain with the original picture, sounds, thoughts, feelings and body sensations, EMDR seems to stimulate the information and allows the brain to reprocess the experience. That may be what is happening in REM or dream sleep--the eye movements (tones, tactile) may help to reprocess the unconscious material. It is your own brain that will be doing the healing and you are the one in control."

Client Stability/Coping Strategies

- Metaphor (train/video)

"In order to help you 'just notice' the experience, imagine riding on a train) ". watching a video and the images, feelings, thoughts, etc., are just going by." ...

- Stop signal _____