EMDR PROGRESS NOTES AND WORKSHEET

A therapist may use an Eye Movement Desensitization and Reprocessing (EMDR) progress note to document and track the progress of a client's EMDR therapy sessions. EMDR is a specialized therapeutic approach that focuses on resolving traumatic experiences or distressing memories by integrating bilateral stimulation techniques, such as eye movements, taps, or auditory tones, to facilitate the processing of the trauma.

Here are some reasons why a therapist would use an EMDR progress note:

- Treatment Planning. The progress note allows the therapist to outline the client's treatment goals and objectives related to their trauma or distressing experiences. It helps establish a roadmap for therapy and provides a framework for tracking progress and evaluating the effectiveness of EMDR interventions.
- **Session Details**. The progress note documents the specifics of each EMDR session, including the date, duration, and any significant events or interventions used during the session. It may include details about the client's emotional and physiological responses, observed changes in affect or behavior, and notable insights or breakthroughs.
- Target Identification. EMDR progress notes include information about the specific
 targets or memories that were processed during the session. This includes details about
 the original traumatic event, associated negative beliefs, desired positive beliefs, and
 any shifts or changes in the client's beliefs or perceptions that occurred during the
 reprocessing.
- Progress Evaluation. Progress notes enable the therapist to monitor the client's progress
 over time. By documenting the client's subjective ratings of distress levels before and
 after each session, the therapist can track changes in the intensity of traumatic
 memories or triggers. This information helps the therapist assess the effectiveness of
 EMDR interventions and adjust the treatment plan if necessary.
- Intervention Strategies. The progress note allows the therapist to record the specific
 interventions or techniques used during each EMDR session. This may include details
 about the bilateral stimulation methods employed, any cognitive or emotional
 processing techniques applied, and variations in the standard EMDR protocol tailored to
 the client's needs.
- Follow-up and Continuity of Care. EMDR progress notes serve as a historical record and
 provide valuable information for future reference, ensuring continuity of care in case of
 therapist changes or breaks in treatment. The progress notes can be shared with other
 healthcare professionals involved in the client's care to provide a comprehensive
 understanding of the client's progress and treatment plan.

In clinical practice, proceed only after "Preparation Phase." Comments you may make to your client are in italics. For example, you may give these specific instructions: "Often, we will be doing a simple check on what you are experiencing. I need to know from you exactly what is going on with as clear feedback as possible. Sometimes things will change and sometimes they won't. There are no "supposed to's" in this process. So just give as accurate feedback as you can as to what's happening without judging whether it should be happening or not. Just let whatever happens, happen." Remember to tell the client about the STOP hand signal.

Client Name:					Date:	·		
Presenting iss	ue or me	emory						
Image								
Most disturbi	ng - "Wh	at picture repre	sents the wor	rst part o	of the inci	dent?"		
If no picture -	"When y	ou think of the	incident, who	t do you	see or im	nagine?"	,	
	_	C) - "What word yourself <u>now</u> ?"	s go best wit	h that pi	cture/inc	ident tha	nt express	your
Positive cogni believe about) - "When you br now?"	ing up that p	icture/ir	ncident, w	vhat wou	ild you like	e to
(repeat the po	sitive co	VoC) - "When yo gnition above) f T feels completel	eel to you no	-				
completely false Emotions "What emotion	nen you b	oring up that pic u <u>feel now</u> ?"	ture/incident	and tho	se words	(negativ		etely true on above),
	-	to 10, where 0					_	
	ou can in	nagine, how dist	_		=	-		_
0	1	2 3	4 5	6	7 8	3 9		0
no disturbance/n	eutral						highest di	isturbance

Location of bod	y sensations - "Where do you feel it in your body?"
	d like you to bring up that picture, those negative words (repeat the negative notice where you are feeling it at in your body — and follow my fingers."
After set - "Who	at do you notice now?"

Processing and checking for new channels - Continue processing with several sets of eye movements (tactile or tones) until there is no new disturbing material coming up. "When you go back to the original experience, what do you notice now?" If there is no new disturbing material, check the SUDs (*SUDS should be 0 twice before moving to Installation).

disturbance you can imagine, how disturbing does the incident feel to you now?

0 1 2 3 4 5 6 7 8 9 10

no disturbance/neutral highest disturbance

Installation - Linking the desired positive cognition with the original memory/incident or picture:

SUDs "On a scale of 0 to 10, where 0 is no disturbance or neutral and 10 is the highest

- 1. "Do the words (repeat the PC) still fit, or is there another positive statement you feel would be more suitable?"
- 2. "Think about the original incident and those words (repeat the selected PC). From 1 (completely false) to 7 (completely true), how true do they feel?"
- 3. "Hold them together."
- 4. "On a scale of 1 to 7, how true do the words (PC) feel to you now when you think of the original incident?"
- 5. Continue installation if the material is becoming more adaptive. If the client reports a 6 or 7, do EM again to strengthen and continue until it no longer strengthens. Go on to the Body Scan.
- 6. If client reports a 6 or less, check appropriateness and address blocking belief (if necessary) with additional reprocessing.

Body Scan - "Close your eyes and keep in mind the original memory and the words (repeat the selected PC). Then bring your attention to the different parts of your body, starting with your head and working downward. Any place you find any tension, tightness, or unusual sensations, tell me." If any sensation is reported, do EM. If a positive/comfortable sensation, do EM to strengthen the positive feeling. If a sensation of discomfort is reported – reprocess until discomfort subsides.

After a clear Body Scan - "Is there a gesture or movement that would help you connect with that feeling of (name the PC or new positive feeling)?"

Closure - Debrief the Experience

"The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories, or dreams. If so, just notice what you are experiencing and note it in your log. Use the resources we have been working on to help manage any disturbance. We can work on this new material next time."

Notes - Issues for future sessions, observations, etc.								