



8 PHASES OF EMDR (CHILD FRIENDLY VERSION)



PHASE 1: STORY & GOALS

DURING PHASE 1 OF EMDR, YOU SHARE YOUR STORY AND FIGURE OUT PARTS OF YOUR STORY THAT ARE CAUSING PROBLEMS FOR YOU. ONCE YOU FIGURE OUT THE PROBLEMS YOU WOULD LIKE TO WORK ON, YOU WORK WITH YOUR EMDR THERAPIST TO COME UP WITH GOALS TO HELP WITH THOSE PROBLEMS.



DURING PHASE 2, YOU WORK ON BUILDING TRUST WITH YOUR EMDR THERAPIST AND LEARN THE BASICS OF HOW EMDR WORKS. YOU ALSO LEARN NEW SKILLS TO CALM DOWN AND COPE WITH UNCOMFORTABLE FEELINGS AND EMOTIONS THAT MIGHT SHOW UP DURING EMDR THERAPY.

PHASE 2: GETTING PREPARED

PHASE 3: ACTIVATING TARGETS

IN PHASE 3, YOU WORK WITH YOUR THERAPIST TO IDENTIFY (1) A TARGET PROBLEM, (2) AN IMAGE THAT COMES TO MIND WHEN YOU THINK OF THE PROBLEM, (3) UNHELPFUL THOUGHTS, (4) HELPFUL THOUGHTS, (5) HOW TRUE THE HELPFUL THOUGHT FEELS, (6) THE EMOTIONS YOU FEEL, (7) HOW STRESSED OUT THIS PROBLEM MAKES YOU FEEL, AND (8) WHERE YOU FEEL THE STRESS IN YOUR BODY.

IN PHASE 4, YOU FOCUS ON THE TARGET PROBLEM WHILE DOING SOME TYPE OF BACK-AND-FORTH MOVEMENT WITH YOUR EMDR THERAPIST. THESE MOVEMENTS CAN INCLUDE MOVING YOUR EYES, TAPPING YOUR HANDS, DRAWING, DANCING, AND MUCH MORE! THE GOAL OF PHASE 4 IS TO HELP YOU MOVE AND SHAKE THE STRESS OF THE TARGET PROBLEM OUT OF YOUR BODY, HEART, AND MIND.

PHASE 4: DISCHARGING THE STRESS

PHASE 5: STRENGTHENING THE POSITIVE

PHASE 5 IS WHERE YOU FOCUS ON STRENGTHENING YOUR POSITIVE AND HEALTHY THOUGHTS SO THAT WHENEVER YOU ARE REMINDED OR THINK ABOUT YOUR TARGET PROBLEM IN THE FUTURE, YOU WON'T FEEL STRESSED OUT. FOR EXAMPLE, INSTEAD OF THINKING, "I'M NOT SAFE," YOU WILL THINK, "I'M SAFE NOW!"

IN PHASE 6, YOU WORK WITH YOUR EMDR THERAPIST TO RELEASE ANY UNHELPFUL MEMORIES THAT ARE STUCK IN YOUR BODY. IF YOU NOTICE ANY UNCOMFORTABLE FEELINGS IN YOUR BODY, YOU WILL LET YOUR EMDR THERAPIST KNOW SO YOU CAN KEEP DOING BACK-AND-FORTH MOVEMENTS TO RELEASE THE STRESS FROM YOUR BODY!

PHASE 6: INCREASING BODY AWARENESS

PHASE 7: FINISHING AND ENDING

ALL EMDR SESSIONS FINISH AND END IN THE SAME WAY: BY DOING SOMETHING CALMING OR FUN. YOUR THERAPIST WILL ALSO TALK TO YOU ABOUT WHAT TO EXPECT IN BETWEEN SESSIONS.



AT THE BEGINNING OF EACH EMDR SESSION, YOUR THERAPIST SEES IF YOUR PROBLEM HAS GOTTEN BETTER OR WORSE SINCE THE LAST SESSION, INCLUDING ANY TRIGGERS THAT MIGHT HAVE COME UP FOR YOU. YOU WILL SEE IF YOUR TARGET PROBLEM HAS BEEN SOLVED OR TALK ABOUT THINGS YOU STILL NEED TO WORK ON.

PHASE 8: REVIEWING AND REVISING