WORKSHEET 90 · FOR THE PSYCHOLOGIST

What to expect from EMDR therapy

Understanding the phases and preparing your questions

AIM

Inform the person about what EMDR therapy involves (history, preparation and stabilisation, reprocessing of memories, re-evaluation) and help them prepare their questions and resources.

WHO IT IS FOR

People starting or considering EMDR therapy.

DURATION

15 min in session or as reading

HOW TO RUN IT

1. Present the main phases: history taking, preparation and stabilisation, reprocessing of the chosen memories, re-evaluation.
2. Explain bilateral stimulation (eye movements, taps, sounds) and that the person stays in control (stop signal).
3. Talk about what may happen between sessions (dreams, emotions, memories) and how to cope with it.
4. Gather the person's questions and fears.

POINTS TO WATCH

> EMDR is recommended by the WHO for post-traumatic stress disorder. The stabilisation phase is essential: don't start reprocessing without sufficient resources.

REFERENCES

Shapiro, F. (2018). Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures (3rd ed.). Guilford.

World Health Organization (2013). Guidelines for the Management of Conditions Specifically Related to Stress. WHO.

PSYCHOLOGIST'S NOTES

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WORKSHEET 90 · WORKSHEET TO HAND OUT

What to expect from EMDR therapy

EMDR is a therapy that helps the brain "digest" difficult memories. It is done in phases, at your pace, and you always stay in control. Here is what to expect, and space to prepare your questions.

1. First we talk about your history and what you want to change.
2. We prepare resources to stabilise you (calm place, container, grounding).
3. Then we work on the chosen memories, with eye movements, taps or sounds. You can stop at any time.
4. In each session we review what has changed.

My questions	My fears	What could help me

What would I like this therapy to change for me?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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