WORKSHEET 96 · FOR THE PSYCHOLOGIST

After a difficult session

Looking after yourself between two sessions

AIM

Prepare a simple self-care plan for the hours and days following an intense therapy session (reprocessing of memories), and what to note down.

WHO IT IS FOR

People in trauma therapy (EMDR or other).

DURATION

10 min in session; use after sessions

HOW TO RUN IT

1. Explain that processing may continue after the session (dreams, memories, emotions, tiredness).
2. Prepare a plan for after the session: a quiet moment, a calming activity, someone to call.
3. Encourage keeping a brief log: what comes up, in a few words, without reliving it in detail.
4. Clarify when and how to contact the psychologist.

POINTS TO WATCH

> If the aftermath of sessions is often very difficult, slow the pace and strengthen stabilisation.

REFERENCES

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

Ogden, P., Minton, K. & Pain, C. (2006). Trauma and the Body: A Sensorimotor Approach to Psychotherapy. Norton.

PSYCHOLOGIST'S NOTES

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WORKSHEET 96 · WORKSHEET TO HAND OUT

After a difficult session

After a session in which difficult memories have been worked on, the brain sometimes carries on "digesting": tiredness, dreams, emotions coming up. This is common. Planning how to look after yourself helps you get through these moments.

1. Straight after the session: a quiet moment (a walk, a hot drink, music).
2. In the evening: a gentle activity, going to bed early if I can.
3. If something comes up: I note it in a few words, without reliving it, and use my resources (container, grounding, calm place).
4. If it is too intense: I contact my psychologist.

Date	What came up (in a few words)	What I did	How I feel /10

What helps me most after a session?

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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