

EMDR Case Presentation Format - Possible Areas of Exploration

Please use additional paper for your responses.

1. Who is your client?
 - a) Age
 - b) Gender
 - c) Ethnicity
 - d) Multi-axial Diagnoses
2. List the Client's Top 3 Presenting Problems – one sentence summary for each
3. List the Client's Symptoms for each Presenting Problem
4. List the Client's Treatment Goals
5. State the First Problem to be addressed using the Targeted Sequence Plan)
 - a) *Presenting Problem*
 - b) *List Client's Presenting Triggers*
 - c) *State the Client's Presenting Problem's NC:*
 - d) *State the Client's Presenting Problem's PC:*
 - e) *Touchstone Event*
 - f) *Other Past Events between the Touchstone and Most Recent Event*
 - g) *Future Template for this Presenting Problem*
- 5.a.) Continue with the above process for the client's remaining presenting problems
6. List other important elements of this client's history, for example: past, present, or future health concerns including medical procedures; compulsive or impulsive behaviors; substance use, abuse or dependence; other traumatic events; childhood and present day attachment styles; prior mental health diagnoses and treatment; psychiatric hospitalizations; and both positive and negative responses to treatment.
7. List resources the client has or needs to acquire or enhance, for example: ego strengths, coping skills, self-capacities, current family system, support systems, and relationship status.
8. DES scores including any dissociative symptoms and current stability, and any other relevant test results or survey information.
9. Further EMDR Specific questions
 - Describe the client's problematic responses, if any, during the preparation phase
 - Describe the Target, NC, PC, VOC, Emotions, SUDS, and Body Sensations
 - Describe the client's responses and self-report during Phase 8's Reassessment
 - Include a description of the most recent EMDR sessions and any specific problems you may have concerning either the 8-Phase EMDR Protocol or EMDR's 3-Prong Approach

The most recent changes to this fluid and ever-evolving document were inspired by the expressed needs of members of the San Diego EMDR Study Group. Carol Forgash, Zona Scheiner, and Julie Stowasser - Case Presentation Format Contributors