

Phase 1: History Taking

- Gathering comprehensive information about the client's background, trauma history, current symptoms, and resources.
- Establishing a therapeutic alliance and rapport with the client.

Phase 2: Preparation

- Educating the client about [EMDR therapy](#) and the processing of traumatic memories.
- Teaching the client relaxation techniques and coping skills to manage emotional distress.

Phase 3: Assessment

- Identifying the specific traumatic memories or targets that will be targeted during the EMDR processing.
- Evaluating the intensity level of distress associated with each memory using a subjective units of distress (SUD) scale.

Phase 4: Desensitization

- Using bilateral stimulation (eye movements, tactile stimulation, or auditory tones) to activate the client's traumatic memories while simultaneously introducing new positive beliefs.
- The client focuses on the traumatic memory and the associated emotions, allowing the memory to desensitize and reprocess.

Phase 5: Installation

- Strengthening the positive beliefs identified in Phase 4 by repeating the bilateral stimulation while focusing on the positive beliefs and the targeted memory.
- The goal is to increase the client's level of belief in the positive beliefs and decrease distress associated with the targeted memory.

Phase 6: Body Scan

- Assessing the client's body for residual tension or physical sensations related to the targeted memory.
- Using bilateral stimulation to help release any remaining physical tension.

Phase 7: Closure

- Ensuring that the client feels stable and grounded before ending the session.
- Providing the client with techniques to use outside of therapy to self-soothe and manage distress.

Phase 8: Reevaluation

- Reviewing progress made in previous sessions.
- Identifying any new targets or memories that need to be processed.

Note: The [EMDR protocol](#) should be implemented by a trained EMDR therapist. This text-based protocol is provided for informational purposes only and should not substitute for professional guidance. Remember to consult with a qualified therapist or EMDR practitioner for a detailed and personalized implementation of the EMDR protocol.