

Evaluating Results of the Last Reprocessing Session

Name:

Date:

Global Evaluation:

“What has change in your life since our last reprocessing session? Any changes in symptoms, behaviors, things that use to trigger you, dreams, new thoughts, insights or information?”

Evaluation of last session’s Memory Targets:

1st Memory Target

*“When you bring to mind the memory of: _____
What do you notice now? Any difference in how the memory looks or feels to you now?”*

(Check the SUDs of the Memory Target Now.)

“Bring the memory to mind now, (have them not their head when they have it in mind) how disturbing is it now as you think of it from 0 – 10?” _____

(If the memory is now above 0, continue reprocessing. Even if it was a 0 when you finished the last session. They continue to reprocess between sessions and some new material needs to be reprocessed.

If the memory was above 0 at the end of the last session and is now a 0. Do another set of eye-movements, then continue with Phases 5-6.)

If you completed more than one memory last session, check each one.

2nd Memory Target

*“When you bring to mind the memory of: _____
What do you notice now? Any difference in how the memory looks or feels to you now?”*

(Check the SUDs of the Memory Target Now.)

“Bring the memory to mind now, (have them not their head when they have it in mind) how disturbing is it now as you think of it from 0 – 10?” _____

(If the memory is now above 0, continue reprocessing. Even if it was a 0 when you finished the last session. They continue to reprocess between sessions and some new material needs to be reprocessed.

If the memory was above 0 at the end of the last session and is now a 0. Do another set of eye-movements, then continue with Phases 5-6.)



If you completed more than two memories last session, check each one.

3rd Memory Target

*“When you bring to mind the memory of: _____
What do you notice now? Any difference in how the memory looks or feels to you now?”*

(Check the SUDs of the Memory Target Now.)

“Bring the memory to mind now, (have them not their head when they have it in mind) how disturbing is it now as you think of it from 0 – 10?” _____

(If the memory is now above 0, continue reprocessing. Even if it was a 0 when you finished the last session. They continue to reprocess between sessions and some new material needs to be reprocessed.)

(If the memory was above 0 at the end of the last session and is now a 0. Do another set of eye-movements, then continue with Phases 5-6.)

If you completed more than three memories last session, use the same format above to check each one.