

## PARTICIPANT SKILLS CHECKLIST

**SCALE: 1-5    1=Not at all confident    3=Somewhat confident    5=Totally confident**

### **Knowledge of the Adaptive Information Processing Model**

Able to describe the AIP model

### **Three-Pronged Protocol**

Able to describe the three-pronged Protocol

Able to apply all 8 phases of EMDR therapy

Completes all 3 prongs in history-taking, target sequencing, and reprocessing

### **Case Conceptualization and Treatment Planning**

Able to conceptualize and discuss a case using the AIP

Has submitted Target Identification Worksheets from clinical cases

### **Eight Phases of EMDR Treatment**

**1. ■ History-Taking and Treatment Planning.** In addition to an appropriate general history, you should be able to:

Obtain a history informed by the AIP model

Determine if client meets EMDR therapy selection criteria

Conceptualize the case within the AIP model

Determine target sequencing and appropriate target selection

Identify a Touchstone Memory that relates to the client's problem

**2. ■ Preparation and Stabilization**

Able to introduce EMDR therapy to your client

Able to prepare your client for treatment with EMDR therapy

**3. ■ Target Memory Assessment**

Obtain an appropriate image (sound, smell, etc.)

Identify the central Negative Cognition (NC)

Identify the Positive Cognition (PC)

Rate the PC on the Validity of Positive Cognition (VOC)

Obtain the associated emotions

Appropriately rate the SUD

Obtain the location of the sensations in the body

**4. ■ Desensitization** You should be able to:

- Begin correctly with the Image, NC, and location of sensation
- Maintain good mechanics with BLS
- Use appropriate speed and length of set
- Avoid distortions (for example, talking and/or interpreting)
- Return to the Target appropriately
- Respond appropriately to abreactions
- Manage under and over accessing of material
- Appropriately ask for a SUD rating
- Determine when Desensitization Phase is complete (SUD=0)

**5. ■ Installation** You should be able to:

- Check the PC to see if still fits
- Pair PC with the Target Memory
- Continue BLS as long as positive material continues to emerge or strengthen
- Identify and address any blocking belief
- Continue installation until VOC 7 or ecologically appropriate

**6. ■ Body Scan**

- Able to introduce Body Scan and reprocess any unresolved sensations
- Continue until clear Body Scan

**7. ■ Closure**

- Able to close a complete session
- Able to appropriately close an incomplete session

**8. ■ Reevaluation**

- Assess client changes globally
- Able to re-evaluate the Target Memory at the beginning of each subsequent session and make appropriate determination about next step (continue processing or move on to next target)