

SAMPLE EMDR PROCESSING NOTES

"Client presents with anxious affect and mood. Client reports nightmares and flashbacks have continued this week. Provided EMDR preparation (Phase 2) skills today, and client practiced in session. Provided EMD on nightmare image and SUDS reduced from 8 to 5. Client will practice coping skills and return in one week to continue EMDR work."

or

"Client presents with depressed affect and anxious mood. Client reports difficulty with motivation and anxiety attacks this week. Reminded client of coping skills taught previously, provided grounding exercise, and began EMDR Phase 1 (target planning) on history of anxiety attacks. Briefly targeted recent anxiety attack with EMD and SUDS reduced from 9 to 4. Client will practice coping skills and return in one week to continue EMDR work."

or

"Client presents with normal affect and slightly anxious mood. Client reports improved coping this week using skills learned in therapy. Encouraged client to continue practice with skills. Reevaluation of previously targeted touchstone memory showed significant improvement in disturbance levels from last session. Client indicated readiness to complete this target with EMDR. Provided EMDR Phases 3-7 with touchstone memory at age 6. Client ended at SUDS 0, VoC 7, and neutral body scan. Will review target planning next session."