



EMDR Phase 1 History Taking

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Goals (Leeds, 2009)

- Establish therapeutic alliance
- Gather psychosocial and medical history
- Develop the treatment plan and case formulation
- Rule out exclusion criteria



Tools for history-taking

- Time-line (traumatic events/ positive experiences & influences)
- Structured interviews
- Affect, somatic and defensive-urge techniques
- Self-report questionnaires: Dissociative Experiences Scale (DES), Impact of Events Scale (IoE- revised)



Therapeutic alliance

Key issues and challenges:

- The context and pressure to 'get results'
- Trust & truth telling
- Avoidant- ambivalent clients
- Therapist factors



Suitability & readiness for EMDR

A major criterion for the suitability of clients for EMDR is their ability to deal with the high levels of disturbance potentially precipitated by the processing of dysfunctional information. Evaluation therefore involves an assessment of personal stability and current life constraints.

(Shapiro, 2001)



Suitability for trauma processing

Exclusion:

- Uncontainable risk to self or others
- Client unable to develop basic self-soothing skills
- Lack of trust and/or informed consent



Readiness for processing: extended preparation?

Key issues and challenges:

- Risk of harm to self and others
- Dissociative disorders
- Psychotropic medication
- Neurological status- epilepsy & brain damage
- Medical conditions- pregnancy



Bringing it all together: case formulation

- Potential targets for processing: past, present, future
- Resources: goals, positive memories and beliefs
- Timings & need for extended preparation
- Communication, advocacy and involvement of others