

EMDR Readiness Checklist

Use this checklist to determine whether your client is ready to begin Phase 4 processing.

Establishment of therapeutic relationship

- My client trusts me and we have developed strong rapport.
 - I trust my client is a reliable reporter of their in and outer experiences.
 - My client attends sessions regularly and consistently.
- My client can commit to an adequate number of sessions.

Preparation and Resourcing

- My client has learned the container method and regularly uses it outside of sessions.
- My client can regularly use at least one RDI consistently outside of sessions.
- We have practiced moving from a distressed state to containment and into the peaceful place (or another Resource).
- My client and I have completed adequate treatment planning and have identified a target to begin working on.

Other Factors to Consider

- My client can identify and tolerate both positive and negative feeling states and is able to regulate their states outside of session.
- We have discussed any fears, concerns, or worries about starting processing and addressed them.
- I have screened for dissociation and determined that the level of dissociation is not going to interfere with processing.
- My client can describe a somatic experience in addition to being able to name and notice emotions and thoughts.