

Clinical Worksheets From

**EMDR THERAPY
AND MINDFULNESS FOR
TRAUMA-FOCUSED CARE**

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EMDR Clinical Worksheet Templates

Phase 1: Client History Taking—General Functions for Success

Insights from general initial conversations, clinical intake, rapport building (you can supplement with any clinical intake forms you are asked to use in your place of employment):

Strengths, assets, recovery capital, and resources:

-
-
-
-
-

Goals for services (general or specific):

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-
-
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Client's general understanding of trauma and response to initial education about trauma-focused care:

Phase 1: Client History Taking—Identifying Themes, Negative Cognitions, and Potential Targets

Going through a detailed, chronological history is not vital. For many people, recounting a detailed history may be impossible until you have processed certain memories, or you may not feel ready for it right now. The imperative is to identify themes that are linked to presenting issues:

Theme 1 (Connected to Presenting Issue):

Negative Cognition:

- First floatback memory:

- Worst floatback memory:

- Most recent floatback memory:

Theme 2 (Connected to Presenting Issue):

Negative Cognition:

- First floatback memory:

- Worst floatback memory:

- Most recent floatback memory:

Theme 3 (Connected to Presenting Issue):

Negative Cognition:

- First floatback memory:

- Worst floatback memory:

- Most recent floatback memory:

NOTES: (a) Not required to fill out all three (depends on client presentation) or you may use additional pages if needed, (b) Use the negative cognitions list with instructions on the opposite page to help you if client is not able to readily identify themes and corresponding cognitions independently.

Phase 1: Client History Taking—The “Greatest Hits” List of Negative Cognitions

Responsibility

- I should have known better.
- I should have done something.
- I did something wrong.
- I am to blame.
- I cannot be trusted.

Safety

- I cannot trust myself.
- I cannot trust anyone.
- I am in danger.
- I am not safe.
- I cannot show my emotions.

Choice

- I am not in control.
- I have to be perfect/please everyone.
- I am weak.
- I am trapped.
- I have no options.

Power

- I cannot get what I want.
- I cannot handle it/stand it.
- I cannot succeed.
- I cannot stand up for myself.
- I cannot let it out.
- I am powerless/helpless.

Value

- I am a bad person/I am terrible.
- I am permanently damaged.
- I am defective.
- I am worthless/inadequate.
- I am insignificant.
- I am not important.
- I deserve to die.
- I deserve only bad things.
- I am stupid.
- I do not belong.
- I am different.
- I am a failure.
- I am ugly.
- My body is ugly.
- I am alone.

How to Use:

- Have your client check off any negative beliefs that he/she may still hold in the present, especially those that go along with the presenting issue he/she has chosen.
- If more than three are checked, have client go over the list again and try to rank (1, 2, 3) the “hottest” or “most charged” beliefs.
- Once identified, ask client three floatback questions and document on the corresponding worksheet:

*Looking back over the course of your life, when is the **first** time you believed . . . (e.g., I am . . . ; I cannot . . . ; I do not . . .)*

*Looking back over the course of your life, when is the **worst** time you believed . . .*

*Looking back over the course of your life, when is the **most recent** time you believed . . .*

Case Conceptualization and Treatment Plan

Use as many of these pages as you need throughout your engagement with the client. Part of Phase 8, Reevaluation, is to be continuously evaluating the treatment plan, writing new goals and objectives, and developing targets and future templates accordingly.

Presenting Issue:

Goal and Desired Objectives:

EMDR Preparation Resources, Targets, or Future Templates to Address:

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-
-
-
-

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Goal and Desired Objectives:

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Case Conceptualization and Treatment Plan

Presenting Issue:

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-
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-
-

(Use additional copies of this worksheet if needed)

Coping Skills and Emotional Management Plan

POTENTIAL DISTRESS OR SITUATION	SKILL(S) TO USE

Case Conceptualization and Treatment Plan

Simple Targeting Sequence List for Clinical Tracking

Target Set-Up (Phases 3–7)

Outcome/Plan

1.

2.

3.

4.

5.

6.

7.

8.

