

Adjunctive EMDR Case Conceptualization and Planning

Client Name: _____ DOB: _____

Referring Therapist: _____ Contact information: _____

Presenting Problem: _____

Informed Consent: Explain EMDR and AIP/DAS
Explain Adjunctive EMDR model
Secure Permission to contact primary therapist
Discuss reasonable expectations

Suggested Measures: Beck Anxiety Inventory, Beck Depression Inventory, Posttraumatic Stress Scale, Impact of Events Scale, Dissociation Questionnaire (DIS-Q), Somatoform Dissociation Questionnaire 20 (SDQ20)
Therapist Feedback Form

Assess re: the referring problem:

Triggers
NCs
Memories/traumatic event(s)
PCs/Desired outcome
Blocking beliefs
Positive coping skills
Resources/strengths

Discuss plan with client and referring therapist.

If client is not a good candidate for Brief Adjunctive treatment, offer other options to client and referring therapist.

If client is a good candidate, prioritize targets and proceed according to protocol.

Re-evaluate after treatment is complete, or by session #8, and periodically after that, using same measures as at outset.

If treatment is not complete, discuss option of re-contracting for more treatment.

When treatment is complete, re-assess (using the same measures as above) and request permission to contact client for follow up in 3, 6 or 12 months.

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