



Phase 1
EMDR FOCUSED HISTORY TAKING



Presenting Issue:

"Let's talk about the issue you have decided to work on. Tell me more about it."

[Empty text box for Presenting Issue]

RECENT EXAMPLE OF PRESENTING COMPLAINT:

"What recent experience have you had that represents this issue?"

[Empty text box for Recent Example of Presenting Complaint]

"What other recent experiences have you had that represents this issue?"

[Empty text box for Other Recent Experiences]

PRESENT TRIGGERS:

Are there other situations, people or places that bring up these responses or reactions?"

[Empty text box for Present Triggers]

FUTURE TEMPLATE:

"How would you like to be able to handle these situations (present triggers) in the future?"

[Empty text box for Future Template]

