



# Case Presentation Form with Intake Questions and Resources

**Describe the focus area or question for this consultation session:**

**Relevant Consultee Areas:**

- Describe therapist relationship with client (sensitivity to client differences?):
- EMDR appropriateness for client assessed:
- Adequate preparation for EMDR therapy (explanation issues, hesitations from consultee or client?):
- Informed consent for EMDR therapy

**Phase 1: Client History (be mindful of client confidentiality/HIPAA requirements)**

Questions to consider for history taking:

1. What brings you into counseling?
2. Tell me the story of your mom's pregnancy with you?
3. Do you know if you were a planned baby?
4. Were you full term?
5. Did you have any complications when you were born?
6. Tell me your 10 best and worst memories and about how old you were.
7. What was the atmosphere of your home growing up?



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8. If there was conflict, where were you when it was happening?

9. What are memories of your school years?

- Case conceptualization using AIP:
- Identify Memory Networks For Presenting Problem:

Relevant Clinical Themes (responsibility, self-worth, safety, control, choices):

## **Phase 2: Preparation**

- Logistical preparations such as distance, BLS speed, stop signal:
- Safe/Calm Place:
- Are additional stabilizing resources needed? (Resource Development Installation (RDI), Container, skills to stay present, etc):
  1. Pain Release protocol by Dr. Robert Miller
  2. Resource Development Installation: Janina Fisher, Ph.D.
  3. 4 Elements
  4. Gathering Team Laura Parnell
  5. Inner Child Guided Imagery
  6. Positive memories
  7. Spiraling Technique



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## **Phase 3: Assessment**

- Target selected (Past memory or present trigger?):
- Picture/image/worst part:
- Negative Cognition, Positive Cognition & Validity Of Positive Cognition (1-7):
- Emotions:
- SUD: 0-10
- Body Sensations:

## **Phase 4: Desensitization**

- Describe relevant parts of the desensitization process. How did it go? Observations?
- Did you use Eye Movements, Pulsars, Tapping, or Light?
- Where was SUD at end of desensitization process?
- Were there any stuck points, insights, shifts?
- Interweaves needed:



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## **Phase 5: Installation**

- Describe installation of positive cognition process. How did it go? Observations?
- Did Positive Cognition stay same or change:
- Did the Validity of Positive Cognition move to 7?

## **Phase 6: Body Scan**

- Describe body scan process. How did it go? Observations?

## **Phase 7: Closure**

- Describe process. Was target reprocessing incomplete/complete?
- If incomplete, was the client getting stuck? How was the client stabilized?
- What was client experience?

## **Phase 8: Re-evaluation**

- Describe client self-report during follow-up at their next session. How did it go? Observations?

## **Present Triggers**

- Were all present triggers processed? How did it go? Observations?
- What was client experience?



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## **Future Template**

- Describe setting this up after present triggers are resolved.  
How did it go? Observations?
  - What was client experience?

## **Additional relevant notes or questions:**