

## EMDR Therapy Case Presentation Format

Consultee's Name:

Date:

Age:

Gender:

Marital Status:

Ethnicity:

Current family situation (living situation):

Presenting concern(s) or problem(s) i.e., why is the client coming for therapy? How long have they been seeing you?

Duration of presenting problem:

Future goals: (What does the client want to change? How will their lives be different if they were to achieve their goals?)

Synopsis of client's history to include past and present life issues and experiences, small-t's and big- T's; and, childhood attachment issues relevant to the desired change:

Internal resources including ego strengths, coping skills, self-capacities:

External resources: What are their social support systems?

EMDR Therapy Case Conceptualization: How do you understand why the client is struggling with their presenting problem(s) from an AIP-informed perspective?

Treatment Plan: (What memories are you planning to target and why)

Resource development work (relaxation training, imagery, or RDI): Identify the resource(s) developed (if applicable):

Give a brief summary of the EMDR Target Memories that have been processed to date:

Any technical issues encountered during processing:

Specific questions to be addressed in consultation: