



# Stages of EMDR

Eye Movement Desensitization and Reprogramming

## *Stage 1* History Taking and Treatment Planning

The Therapist wants to know everything about you and your window of tolerance, can you stay in session or does your nervous system want to escape to a safe place? (Dissociate to stay safe)

## *Stage 2* Preparation

The therapist spends time to build a trusting therapeutic relationship, this also is a time to add resources like safe/calm place and allies.

## *Stage 3* Assessment

Working through the assessment phase means allowing your mind to float back to discover what targets need to be reprocessed.

## *Stage 4* Desensitization

This is the golden hour that uses BLS (bilateral stimulation) to allow the brain and body to release the maladaptively stored memories.

## *Stage 5* Installation of PC (Positive Cognition)

After the nervous system has desensitized, the therapist guides you in "adding in" a positive cognition- self held belief.

## *Stage 6* Body Scan

This phase determines if any lingering somatic symptoms are being held in the body and work is done to fully desensitize these somatic experiences.

## *Stage 7* Closure

The therapist makes sure to leave the nervous system in a state of equilibrium or calm before the session ends.

## *Stage 8* Re-evaluation

Every subsequent session starts with re-evaluating past targets to address those maladaptively stored experiences to make sure they are completely clear.



STEFANIE HAUER  
HOLISTIC TALK THERAPIST

[www.StefanieHauer.com](http://www.StefanieHauer.com)

