

Case consultation questions

Please use the following guiding points to introduce your case. You don't need to fill out ALL of this information but can if its helpful for you to discuss the case. You don't need to send this to me beforehand but you should have it with you in consultation.

1. Client information (remember, no identifying information)
 - a. Psychosocial information
 - i. Career, housing, financial, social, etc.
 - b. History of therapy/past treatment
 - i. Current Diagnosis/diagnoses
 - ii. Medications
2. Summary of EMDR therapy with this client
 - a. What phase are you at in the process?
 - i. Ph 1:
 1. History taking
 - a.
 2. Target selection
 - a. Theme
 - i. Neg Cognition 1
 1. First floatback memory
 2. Worst floatback memory
 3. Most recent floatback memory
 - ii. NC 2
 1. First floatback memory
 2. Worst floatback memory
 3. Most recent floatback memory
 - 4.
 - iii. NC 3
 1. First floatback memory
 2. Worst floatback memory
 3. Most recent floatback memory
 - ii. Ph 2: Preparation
 1. Resources/strengths/coping skills
 - a. Flight plan
 - iii. Phase 3: Assessment
 1. Target (memory or incident):
 2. Neg Cognition:
 3. Pos Cognition:
 4. VOC:
 5. Emotion:
 6. SUDs:
 7. Location of Body Sensations
 - iv. Phase 4: Desensitization
 - v. Phase 5: Installation
 - vi. Phase 6: Body scan
 - vii. Phase 7: Closure
 - viii. Phase 8: Re-evaluation
3. Reason for bringing this case/client/issue to consultation/questions
4. What is this bringing up for you as a therapist or human being? Are there EMDR skills you'd like to strengthen or personal needs/concerns you're needing to name or attend to to be able to best serve this client in the EMDR process?

Group consultation-what to expect

1. Introductions- here are some guiding questions we may use for introductions:

Where you live/work

Pronouns

What population(s) you work with

Where you're at in your EMDR learning journey (working on basic training hours, consultation etc., how far you've gotten in the process with clients)

Something about yourself non-therapy related

2. ~15 minutes per person to discuss a case/cases (if you haven't started EMDR with anyone we can work on discussing client cases you're thinking of doing EMDR with).
-All participants can chime in with questions/ideas, support in the case
3. Other questions that didn't come up with cases, logistical things, etc.
4. You'll get a confirmation email and invoice later today. Please save the confirmation email- that's how you verify your consultation hours.

Prepared by Sam Bergstein LISW-S, REAT for use in individual and group EMDR consultation