



## EMDR Consultation Case Presentation

*For EMDR Certification Consultation Groups*

Client Initials: \_\_\_\_\_ Age: \_\_\_\_\_ Key Considerations: \_\_\_\_\_

### Primary Questions for Consultation.

*What is your most important question or area of focus for today? (e.g., case conceptualization, blocked processing, target selection, parts work, interweaves, or therapist reactions).*

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### Presenting Problem & History Summary

Briefly summarize the clients' current concerns and relevant history: themes, attachment patterns, nervous system cues, or protective parts.

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### Treatment Goals

What therapeutic goals are meaningful to the client, and how might EMDR therapy align with treatment planning?

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### Barriers or Limitations

Are there any factors influencing readiness, stability, or processing, such as dysregulation, dissociation, avoidance, external stressors, or systemic issues?

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### Therapist Reflection

What reactions, transference, or bias are you aware of that may impact the work, such as *countertransference, resonance, triggers, or activated parts*?

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### EMDR Work-to-Date

- ☐ **Resourcing/Preparation:** Resource development, installation, state change practices, stabilization, and nervous system regulation strategies
- ☐ **Desensitization/Processing:** Including target(s), phase 3&4, BLS methods, and any progress.
- ☐ **Challenges/Blocks:** Previous bad experiences, looping, protectors, or blocked or stuck processing.
- ☐ **Other Notes/Questions:**

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### **Integrative Considerations (Optional)**

What other models or lenses are you integrating? (*e.g., IFS, Polyvagal, Somatic, Transpersonal, Attachment, or Cultural lenses.*)

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### **Consultation Intention:**

What do you most want to take away or better understand from today's consultation?

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