



## EMDR Phase 2 - Preparation

### Psychoeducation

- Understanding About EMDR
- Trauma psychoeducation and some understanding of nervous system
- Explanation of the Window of Tolerance
- Stop signal
- Client's role (Cannot do this wrong)

### Resource Building

- Comfortable Pleasant Place
- Containment exercise
- Progressive Relaxation
- Gathering Space
- Capacity to observe and describe internal experiences
- Capacity for Self-compassion
- Intense Sensations - Essential Oils
- Tapping in positive felt sense states

### EMDR Mechanics

- Sitting position, making sure client is comfortable, and can easily see and connect w/ you
- Eye movements, tappers, lights, tapping or other type of bilateral stimulation (BLS)
- Distance from eyes and from client
- Dual attention and awareness