

# EMDR Reprocessing Preparedness Checklist

*(Phase 2)*

Assess client skills and determine readiness for memory processing can the client:

- Access their experience and notice their emotional response to it
- Tolerate their experience for a period of time without getting overwhelmed and shutting down
- Apply self-soothing strategies to use on their own as needed in between sessions (Safe/Calm State/Place, Containment Strategies, Breathing Techniques, Resource Development, and Installation)
- Shift from one state to another state with relative ease (from a state of distress to a state of relative calm)
- Maintain dual attention between two, sometimes competing states at the same time, usually between past and present
- Observe and reflect on their experience, especially when prompted
- Access positive adaptive information (positive experiences and associations)

Reference: emdria.org