

Intake

Phase 1

Client Name

Presenting Concerns

Presenting Problem:

Duration:

Severity:

Impact to Functioning:

Goals/Desired Outcome (in client words)

Symptoms

Excessive worry/anxiety
Intrusive thoughts
Difficulty Sleeping/Nightmares
Flashbacks
Anger or rage
Psychomotor agitation
Self-Deprecating Thoughts
Ruminating thoughts
Hypervigilance
Avoidance

Low energy
Low motivation
Depressed mood
Low Self-Esteem
Anhedonia
Repetitive behaviors
Feelings of hopelessness
Feelings of worthlessness
Suicidal thoughts
Weight loss
Fatigue/Loss of energy

Mood Variability
Mania/Hypomania
Panic attacks
Obsessive thoughts
Agitation

Assessments

Intake Continued

Phase 1

Social Supports

Previous Therapy

Previous Diagnosis(es):

Reason for Therapy Cessation/Provider Change:

Medical Conditions

Strengths

Family History & Current Impactful Experiences

**EMDR Case Conceptualization:
Targeting Sequence Worksheet**
Phase 1

Symptoms/Diagnosis:

Observable Goal(s):

Current Triggers:

Negative Cognitions

Associated Memories

EMDR Targeting Sequence

Phase 1

Negative Cognition:

First Memory:

Worst Memory:

Most Recent Memory:

Future:

Negative Cognition:

First Memory:

Worst Memory:

Most Recent Memory:

Future:

Negative Cognition:

First Memory:

Worst Memory:

Most Recent Memory:

Future:

Negative Cognition:

First Memory:

Worst Memory:

Most Recent Memory:

Future:

Notes

EMDR Tracking

Phase 4

Calm State Note:

Container:

Original Negative Cognition:

Target Memory:

Date: BLS: Target #:
Image/Sense:
NC:
PC:
VOC:
Emotions:
SUD:
Body:

Additional Emergent NCs

Adjusted PC

Date: BLS: Target #:
Image/Sense:
NC:
PC:
VOC:
Emotions:
SUD:
Body:

**Additional Emergent
Memory Targets**

Date: BLS: Target #:
Image/Sense:
NC:
PC:
VOC:
Emotions:
SUD:
Body:

Emergent Blocking Beliefs

Date: BLS: Target #:
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EMDR Tracking

Phase 4

Date: BLS: Target #:
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Additional Emergent NCs

Adjusted PC

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Additional Emergent Memory Targets

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Emergent Blocking Beliefs

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