

Checklist of EMDR Skills for Certification

- EMDR overview
 - Explaining AIP
 - Explain BLS
 - Memory consolidation
- Phase 1 History Taking and Treatment Planning
 - Demonstrated history taking
 - Demonstrated treatment planning
 - Decision of which targets to work with and why
- Phase Two Preparation and Stabilization
 - Set up BLS
 - Preparation checklist
 - Conducted safe calm state
 - Resources Development and Installation
 - Container
 - Grounding skills for dysregulation and dissociation
- Phase Three Target Assessment
 - Demonstrate target assessment
 - Proceed immediately to phase 4
- Phases 4-7 Reprocessing and Closure
 - 30-45 seconds of fast BLS
 - Return to target after 2 positive or neutral responses/no further changes
 - Check SUD
 - If 1 or 2 ask what makes it remain that
 - If 0 or 1 proceed to phase 5
 - Phase 5 check PC
 - VOC
 - Add BLS even if 7
 - When 7 proceed to phase 6
 - Body scan
- Incomplete target
- Complete target
- Phase 8 Re-evaluation
- EMDr
- EMD
- Future Target