

# Challenges



Here are some common challenges that you might face during Phase One and some ideas of how to handle them.

## Getting the Right Balance of Information

Avoid getting too much or too little information. We need the “table of contents” of the book of a person’s life, not the entire book.



## Dysregulated Client

Taking a good history can be difficult to impossible if your client is either disconnected or crying too much during history taking. Consider using resourcing and containment.

## Too Much Shame

Shame can make talking at all a difficult task. You may need to slow down and work on trust and rapport building.



## A Client Who is Too Eager

Some clients are eager or impatient to move quickly to begin reprocessing. They may need psychoeducation about the importance of ALL phases of EMDR therapy.

## Dissociation Assessments

If your client scores too low (which is not realistic) or too high on dissociation assessments, you need to address that in your treatment planning.

## Juggling gathering info & supporting clients

Use your clinical skills to help clients identify internal and external resources. Continue using empathy and a strengths perspective, especially for clients with multiple traumas.