

EMDR THERAPY TREATMENT PLAN

PRESENTING PROBLEM:

- 1) Recent experience or present trigger
- 2) Direct question or floatback to identify past memories until touchstone

PAST PRONG

TOUCHSTONE

WORST

OTHERS/ CLUSTERS

PRESENT TRIGGERS

TRIGGER #1

TRIGGER #2

TRIGGER #3

FUTURE PRONG

FUTURE
TEMPLATE #1

FUTURE
TEMPLATE #2

FUTURE
TEMPLATE #3