

# EMDR Phase 2: Assessing for Structural Dissociation

## 1. Amnesia/Fugue

*Have you ever felt like you lost track of time where hours went by and you did not realize it? Or do you have large gaps in your memory where you cannot remember events or experiences in childhood? (i.e. cannot remember before the age of 5, or 12, or between the ages of 5 or 12). Have you ever found yourself (or "came to") somewhere that you don't remember being (i.e. waking up on the couch when you remember falling asleep on your bed)? Have you ever found yourself (or "came to") having self-harmed, or about to self-harm without any memory of how you got there? Has anyone told you something that you do not remember having said to you? Or have you ever been told something that you did but you cannot remember doing? Have you ever bought anything you do not remember buying?*

## 8. Headaches

*Do you get headaches? If so, how severe or intense, how often, at what times, etc.?*

**Can indicate a double-bind, conflict or polarization among parts**

## 7. Safety

**History of self-harm, suicide attempts, life-long passive suicidal ideation, hospitalizations, previous higher level of care. Common comorbidity with substance use/ eating disorders**

## 2. Derealization

*Have you ever felt things around you suddenly seeming strange?*

**TRAUMA:** severe/ chronic physical, sexual abuse, neglect.

**ATTACHMENT:** Disorganized attachment-child not given a chance to properly attach; caregiver serves as comfort & fear

## 3. Depersonalization

*Have you ever felt like you were watching yourself from above or behind?*

## 4. Internal Conflict

*Do you ever have thoughts that sound critical, judgmental, hurtful- i.e. they put you down? If so, who do they resemble? Do they sound like someone in your life- a caregiver, family member, or another person? Do they ever tell you to do anything harmful or not safe?*

## 5. Somatization

**Does the client have any medical conditions/ symptoms for which additional medical testing were unfounded? (i.e. PNES, loss of ability to walk, hear, see temporarily, symptoms of a conversion disorder)**

## 6. Long history of treatment

**Many previous forms of treatment/ medications with little symptom remission**

