PHASE 2: PREPARATION

EMDR Mechanics
[ ] Seating position

Eye Movements
[ ] Distance from client

Eye Movement (EM) Range
[ ] Speed
   Direction
[ ] Horizontal
   Alternative directions
[ ] / EM direction
[ ] \ EM direction

Alternative Forms of BLS
[ ] Tactile / auditory
   As a needed intervention (high emotions)
   As the primary form of BLS (example: eye fatigue)

Processing Management Strategies
[ ] Stop / keep going signals
[ ] Distancing metaphor (TV, car, bus, train, etc.)