

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.)