Readiness Checklist for Phase 4 (EMDR Processing)

(Please ensure all the following are met)

____ Therapeutic alliance is established and strong enough
____ Medical conditions, if any, are OK for reprocessing
____ No impending vacations/time away of either therapist or client
____ The client was screened for Dissociative Disorders and scored below a 30 on the DES
____ The client was able to complete the calm place exercise without recurring negativity coming in
____ The client has skills to switch from disturbance to calm both in and out of session
____ The client can tolerate attention on the traumatic material and remain present
____ Social/family/work life is adequately stable
____ The client is not currently suicidal/homicidal or has a lengthy history of SI and/or hospitalizations
____ The client does not have a complex trauma history (repeated, severe, pervasive traumatic events such as abuse and neglect starting in childhood)
____ The client is not currently cutting or have extensive history of cutting (related hospitalizations, fear of death due to depth of cuts, cutting as main mode of affect regulation)