

# 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)