Readiness Checklist for Phase 4 (EMDR Processing)  
(Please endure that all of the following are addressed or met)

— Therapeutic alliance is established
— SUDs will likely be a 7 or less
— 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 Safe/Calm Place both in and out of session
— The client is able 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 may have a complex trauma history but the client is still able to process individual or singular life events.
— The client is not currently cutting or have an extensive history of cutting (related hospitalizations, fear of death due to depth of cuts, cutting as a main mode of affect regulation.)