

## EMDR Readiness: Client Checklist

1.  I have rapport, i.e. a trusting relationship with an empathic bond with your therapist
2.  I am committed/dedicated to both my safety and treatment?
3.  I have skills to handle high levels of emotion?
4.  I was able to do the resourcing development and installation. I have imaginal resources that I can use to calm and comfort myself?
5.  I have an adequate support system that includes, but is not limited to, my therapist.
6.  I have been medically cleared by my primary care physician and/or psychiatrist to begin processing trauma via EMDR.
7.  Either my medication is effective or I am stable without medication.
8.  I am not in active addiction? My health and safety are not in jeopardy from substance use/abuse.
9.  Self-harming behaviors are not my primary method of coping with affect/emotions/relationship troubles? And/or I have adequately addressed this in therapy.
10.  I do not feel mentally unstable or suicidal
11.  I have not been diagnosed with a dissociative disorder
12.  I have been given the screening, Dissociative Experience Scale II for dissociative disorder and have discussed the results with my therapist.
  - a.  I am not involved in an active legal case?
  - b.  I am involved in a legal case. I have been informed that by reprocessing the material in question, my legal testimony may be impaired
14.  I have read and signed an Informed Consent for EMDR