

## EMDR Readiness: Client Checklist

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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
13. I have read and signed an Informed Consent for EMDR