

Rutti Counseling & Consultation, LLC
EMDR Therapy Case Consultation
(Adapted from Forgash and Leeds, 1999)

Please come to consultation prepared with as much information about your client as possible. You may not have all of the information for each of the sections below, depending on where you are in training and/or treatment with your client. Please do not use your client's last name or information that could potentially reveal your client's identity.

Case Presentation:

Please provide about a five-minute synopsis of your client using the information below. Include a brief summary of the EMDR Therapy that you have provided to your client to this point in treatment. Close your presentation with a *specific question* for your consultant.

Client Information

- Age, gender, race/ethnicity:

- Current family/living situation:

- Support system:

- Synopsis of client history: past/present life issues, traumatic events, attachment history, significant health history:

- Resources/strengths/coping skills:

- History of past treatment:

- Current diagnoses:

- DES scores/dissociative symptoms:

Readiness for EMDR Therapy

- Barriers to treatment:

- Current stability: drug/alcohol use, self-harm, suicidality/homicidality:

- Affect management strategies
 - Resources taught to client/response to resource:

Presenting Problems

- Presenting problem/duration:

- Treatment goals:

- EMDR Treatment Plan
 - Theme 1: _____
 - Negative Cognition: _____
 - First memory: _____
 - Worst memory: _____
 - Most recent memory: _____
 - Theme 2: _____
 - Negative Cognition: _____
 - First memory: _____
 - Worst memory: _____
 - Most recent memory: _____

Treatment Progress

- What phases of EMDR Therapy have you done with the client? What phase are you currently in? What has the client's response been?

- Theme: _____
 - Target: _____
 - Image: _____
 - NC: _____
 - PC: _____
 - VOC: _____
 - SUDS: _____
 - Emotions: _____
 - Body sensations: _____

- Re-evaluation

- Client functioning between sessions
- Use of resource strategies
- Changes in SUDs/VOC

- Future Template

- Future situation

What do you want consultation on today (specific question)?

- _____
- _____
- _____