

Assessing Readiness for Early EMDR Intervention (EEI)

Francine Shapiro outlines several important steps in ascertaining if a client is ready to utilize EMDR (New Notes, 2006) to process disturbing material. The client's signs of readiness include being able to tolerate distressing affect associated with the unprocessed material. The client must be able to just "let whatever happens happen." The client must be able to change state and have positive networks. The client must be able to maintain dual attention during processing and tolerate BLS.

Steps to assess readiness for target processing:

1. Screen for dissociative disorders, utilizing DES or other appropriate means
2. Assess for active psychosis or major vegetative depression
3. If loss of consciousness occurred during the event or there is any other physical issue of concern, contact the client's medical provider, with client's permission
4. Determine if client is a danger to him/herself or any one else
5. Assess for current crisis, if other than any crisis being fueled by recent traumatic incident
6. Ascertain if client can change state using some method (safe place, etc.) and tolerate/regulate positive and negative affect
7. Determine if client has the ability to maintain connection to the therapist and sensation during BLS (dual attention)
8. Client has adequate internal and external resources available that they will utilize

If the client does not meet this readiness criterion, the clinician will work with the client to become more stable and extend time in Phase 2 preparation is indicated. If the client is not psychiatrically stable and cannot be assisted in becoming stable in an outpatient setting, the clinician will make the appropriate referrals for client's safety and stabilization.

Volunteer Information Form

Name:		Date:	
Mailing Address:		ZIP:	
Office Address:		ZIP:	
Phone #1:		Phone #2:	
Fax #:		E-mail:	
Website:			
HAP Volunteer?		You bet!	
		Not yet, but I want to be! *	
<i>* Please go to EMDR-HAP.org to sign up to become a HAP Volunteer! This is required for AETR2N participation.</i>			
Professional specialties:			
Populations with whom you work:			
Insurance plans you accept:			
Other modalities in which you are trained, including crisis training:			
Other disaster response organizations with which you work:			
What is your comfort level now with early EMDR interventions (within a week or month of the incident)?			
Volunteer Interest?		Steering Committee	
		Clinician	
		Consultant (must be AC)	
		Committee (see options below)	
		Other:	
Committee Interest?		Professional Development/ Training	
		Network Administration, Policies & Procedures/Manual	
		Funding Committee	
		PR/Marketing & Advertising	
		Research	
		Other:	
What training would you like for yourself?			
What training do you recommend for AETR2N volunteers?			
What training would you be willing to offer for AETR2N Volunteers?			
Comments?			

Signature _____

Date _____