EMDR session note

Client | Date | Session no.

1. Brief context

What the client came with, key events.

2. Key themes and affect

Themes, feelings and body reactions named in the session.

3. Target and beliefs

The memory or theme, the negative and positive belief in the client's words, SUD and VoC if named.

4. Reprocessing and bilateral stimulation

What shifted or got stuck during the sets: image, body, emotion, belief.

5. Resources and stabilization

Which resources were used and how they worked, how the session was closed.

6. Phase and readiness

Which phase the work was in, what is open and whether the client is ready for the next step.

7. Agreements and homework

Tasks and observations until the next session.

8. Risks

Only signals that came up. Empty if none.

9. Speech and thinking features

Anything notable in the form of speech. Usually empty.

10. Plan for the next session

What to return to.

EMDR session note: filled example

Client Anna, 34 (fictional) | Date 11/12 | Session no. 4

1. Brief context

Came in after a conflict with her manager, has slept badly for a week.

2. Key themes and affect

Anxiety → "my chest tightens before planning meetings".

3. Target and beliefs

The manager's reprimand → "I'm not good enough" / "I can handle it", SUD 7 of 10, VoC 3 of 7.

4. Reprocessing and bilateral stimulation

After several sets **the chest tightness eased**, the manager's face became less sharp.

5. Resources and stabilization

Calm place (the sea at her grandmother's) → breathing slower, the target put into a container at the end.

6. Phase and readiness

Desensitization started, the target is incomplete, SUD came down to 5.

7. Agreements and homework

Calm place every evening, note what comes up during the week.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Re-evaluate the target, continue desensitization from SUD 5.