

The EMDR journey



Your Guide to the Stages of EMDR Therapy

Stage 1: History Taking

Understand your story, identify what to work on and build a trusting therapeutic relationship.

Stage 2: Preparation

Identify coping strategies and practice stress regulation tools.

Stage 3: Assessment

Select the specific memories, images, or beliefs to target for reprocessing.

Stage 4: Desensitisation

Diminish the emotional intensity associated with distressing experiences through bilateral stimulation (usually eye movements).

Stage 5: Installation

Strengthen new positive insights and coping resources.

Stage 6: Body Scan

Release residual tension or discomfort in the body.

Stage 7: Closure

Supporting you to settle and ground yourself at the close of each session.

Stage 8: Re-evaluation

Assess the progress made and identify any remaining areas to focus on.

Stages 3-7 may be repeated, depending on how many memories require processing. Each stage is unique to your individual healing process, so the duration of each stage may vary.