

Questions to Ask an EMDR Therapist

A practical guide before you begin

Healing
memories.
Brighter
tomorrows.



EMDR Guide Series • Page 10 of 10

PEOPLE HEAL • LIVES CHANGE • HOPE GROWS

8 important questions to ask



What EMDR training have you completed?



How do you prepare clients before reprocessing?



How do you decide when someone is ready?



What if I get overwhelmed or dissociate?



Can EMDR be done by telehealth in my situation?



What should I expect between sessions?



How will we measure progress?



How will we know when to slow down or stop?

What to listen for



- A clear plan
- Attention to safety and pacing
- Willingness to answer questions
- Preparation, not rushing
- Respect for your comfort and consent



You are allowed to ask questions and choose the pace of your care.

*Curiosity today.
Progress tomorrow.*

Selected references

1. Shapiro, F. (2018). *EMDR Therapy: Basic Principles, Protocols, and Procedures*.
2. World Health Organization. (2013). *Guidelines for the Management of Conditions Specifically Related to Stress*.
3. VA/DoD. (2023). *Clinical Practice Guideline for PTSD and Acute Stress Disorder*.

SAME PEOPLE.
BRIGHTER TOMORROWS.