

Between-session support and aftercare

Clients + Clinicians | Aftercare | Phase 7

Awaiting qualified clinical review. Not a stand-alone protocol, clinical training, supervision, or individualized treatment.

Make an individualized plan for the time after sessions, including how to seek support.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Clear expectations can reduce uncertainty without assuming every reaction is treatment progress.

Client-facing explanation

You may feel different after a session, or you may not notice a change. Use the supports you agreed on. Tell your therapist about persistent or worsening difficulties rather than trying to process memories on your own.

Clinician reference

Discuss possible variability in emotions, dreams, fatigue, and distress, including the possibility of no noticeable changes. Confirm contact boundaries, local urgent-care options, and the client's existing safety plan.

General sequence / checklist

1. Allow time to orient and discuss the immediate transition after the session.
2. Agree on tolerable grounding, rest, ordinary routines, and available support.
3. Clarify how and when to contact the clinician and expected response times.
4. Plan additional assessment if distress persists, functioning declines, or safety concerns arise.
5. For immediate danger, use local emergency services or the agreed crisis plan; do not wait for an app response.

Example / documentation consideration

Fictional example: a client plans a quiet transition and notes a brief topic to discuss next time in their own protected record.

Scope and cautions

New or severe symptoms should not automatically be called normal processing. Do not encourage unsupervised trauma-memory work between sessions.

Selected references (framework; not validation of every exercise)

EMDRIA: Experiencing EMDR Therapy

EMDRIA: The Eight Phases of EMDR Therapy

No qualified review date recorded. Accessible written counterpart: emdrdot.com/resources/preparation/between-session