

# The eight phases in everyday language

Clients | Getting Started

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

The phases describe a treatment framework, not eight steps that must all happen in one appointment.

## 1-2

Understand and prepare

## 3-6

Target-focused work

## 7-8

Close and review

## Purpose and context

Preparation, pacing, and review remain part of treatment even when attention turns to a memory.

## Client-facing explanation

History: understand needs. Preparation: build understanding and supports. Assessment: clarify a target. Desensitization: work with the target. Installation: connect with a helpful belief. Body scan: notice bodily responses. Closure: return to present needs. Reevaluation: review and plan.

## General sequence / checklist

1. Ask where you are in the treatment plan.
2. Tell your therapist what feels clear and what needs explanation.
3. Remember that phases can be revisited and that unfinished work can be continued later.

## Example / documentation consideration

Conversation starter: "What would you like me to know before we choose the next step?"

## Scope and cautions

A framework cannot tell you which phase is right today. Make that decision with your clinician.

## Selected references (framework; not validation of every exercise)

EMDRIA: Experiencing EMDR Therapy

No qualified review date recorded. Accessible written counterpart: [emdrdot.com/resources/preparation/client-eight-phases](https://emdrdot.com/resources/preparation/client-eight-phases)