

Your preparation conversation roadmap

Clients | Getting Started

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

Use this roadmap to plan questions, supports, and your next conversation with a therapist. Start with the existing Getting Started with EMDR guide for the general introduction.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

An organized discussion helps connect the information you read with the choices and supports that matter in your own treatment.

Client-facing explanation

Ask your therapist how the eight-phase approach applies to your concerns, what preparation will involve, and how you will decide together when to take the next step. The moving-dot tool alone is not EMDR therapy.

General sequence / checklist

1. Ask about the therapist's EMDR training and experience with your concerns.
2. Discuss your goals and what you would like to understand before deciding.
3. Ask how preparation, client control, and support will work.

Example / documentation consideration

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

Scope and cautions

The aim is a useful, informed conversation. No outcome or treatment length can be promised.

Selected references (framework; not validation of every exercise)

EMDRIA: Experiencing EMDR Therapy

VA National Center for PTSD: EMDR for PTSD

Landin-Romero et al. (2018). Systematic review of suggested mechanisms. *Frontiers in Psychology*, 9, 1395.

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