

Preparing for your first appointment

Clients | Getting Started

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

You do not need to arrive ready to describe every detail of what happened. The first appointment often focuses on your concerns, history, goals, and choices.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

An initial conversation gives you and the therapist time to consider needs, safety, and a working relationship.

Client-facing explanation

You can bring questions, accessibility needs, and preferences about pace. Preparation may take more than one appointment.

General sequence / checklist

1. Consider what you hope will change in daily life.
2. Tell the therapist about relevant health needs, supports, and current pressures in a way that feels manageable.
3. Ask how to pause, how privacy works, and what support is available after a session.

Example / documentation consideration

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

Scope and cautions

Your first session need not include trauma-memory processing. Ask your therapist what they propose and why.

Selected references (framework; not validation of every exercise)

EMDRIA: Experiencing EMDR Therapy

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