

When processing is unfinished

Clients | Aftercare

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

A session may end while a target still feels disturbing. That does not automatically mean treatment failed or that you must keep working alone.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Closure and a follow-up plan deserve attention whether or not memory-focused work is complete.

Client-facing explanation

Tell your therapist how you feel before leaving. Ask about grounding, the plan for resuming, and how to contact them if difficulties continue.

General sequence / checklist

1. Ask for enough time to get oriented before finishing.
2. Review what support and ordinary activities feel manageable afterward.
3. Ask when and how the target will be checked again.

Example / documentation consideration

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

Scope and cautions

Do not restart trauma-memory work on your own to try to finish. Persistent or worsening difficulties deserve clinical attention.

Selected references (framework; not validation of every exercise)

EMDRIA: Experiencing EMDR Therapy

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