

Pause signals and client control

Clients + Clinicians | Stabilization and Resourcing | Phase 2

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

Agree on a clear signal, practice using it, and make stopping feel ordinary.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Consent continues throughout treatment. A practical rehearsal can make speaking up easier.

Client-facing explanation

You can say “pause,” raise a hand, or use the signal you agreed on. You do not need to wait for a set to finish or give a reason.

Clinician reference

Choose a verbal and visible signal together. Rehearse stopping stimulation using neutral content; confirm how to regain orientation and how to communicate during a connection failure.

General sequence / checklist

1. Agree on a word and a hand signal the clinician can recognize.
2. Rehearse the signal while testing movement with neutral content.
3. Stop stimulation promptly and check what the client needs.
4. Reorient together and discuss any change in plan before resuming.

Example / documentation consideration

Fictional example: the client raises an open hand; the therapist stops movement and asks whether to orient, talk, or end the exercise.

Scope and cautions

An app pause is not a substitute for clinical monitoring. Use a separate suitable communication channel; this site is not an emergency service.

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/pause-signals