

Phase 3: Assessment

Clinicians | Eight-phase Reference | Phase 3

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

Establish a shared target assessment according to the clinician's training.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Clarify the target image, current negative cognition, desired positive cognition, VOC, emotions, SUD, and bodily disturbance as appropriate.

Client-facing explanation

We identify what we are working on and how it feels now; the ratings are your own experience, not a test.

Clinician reference

What feels most relevant about this target today? What words fit your current belief and your desired belief?

General sequence / checklist

1. Confirm the target and present connection.
2. Clarify assessment elements without coaching a preferred rating.
3. Record the baseline and planned approach in the protected clinical record.

Example / documentation consideration

Documentation considerations: Record target identifiers, baseline ratings, client language, and rationale without unnecessary detail.

Scope and cautions

Monitor pressure to choose a "correct" belief, confusion about scale direction, activation, and dissociation. This is a high-level educational reference, not a stand-alone protocol.

Selected references (framework; not validation of every exercise)

EMDRIA: The Eight Phases of EMDR Therapy

No qualified review date recorded. Accessible written counterpart: emdrdot.com/resources/preparation/phase-3