

Phase 4: Desensitization

Clinicians | Eight-phase Reference | Phase 4

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

Support reprocessing while maintaining clinical monitoring and client choice.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Use the protocol and pacing learned in formal training. Monitor present connection, emerging material, tolerability, and time available for closure.

Client-facing explanation

You may notice thoughts, emotions, sensations, or no obvious change. Tell your therapist what you notice and ask to pause whenever needed.

Clinician reference

What are you noticing now? Would you like to pause?

General sequence / checklist

1. Confirm consent, readiness, and the agreed pause signal.
2. Follow trained reprocessing procedures with ongoing clinical monitoring.
3. Reassess when connection or tolerability changes and reserve time for closure.

Example / documentation consideration

Documentation considerations: Document response, adaptations, pauses, and whether the target remains incomplete; avoid implying completion from one number.

Scope and cautions

Monitor escalating distress, disconnection, repetitive loops, physical discomfort, and time pressure. Seek consultation when needed. 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-4