

Phase 5: Installation

Clinicians | Eight-phase Reference | Phase 5

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

Strengthen the connection between the target and an appropriate adaptive cognition when clinically indicated.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Revisit the desired cognition in the client's words; check fit, felt validity, and any remaining obstacles according to training.

Client-facing explanation

We check whether a helpful belief fits your experience; you are not expected to say it feels true just to finish.

Clinician reference

Does this belief still fit? How true does it feel in relation to the target now?

General sequence / checklist

1. Review target status and whether proceeding is appropriate.
2. Confirm cognition fit and use VOC in its target context.
3. Use trained installation procedures and monitor emerging concerns.

Example / documentation consideration

Documentation considerations: Record the cognition, VOC, barriers, adaptations, and rationale for proceeding or returning to other work.

Scope and cautions

Monitor forced positivity, cognition mismatch, high ratings given to please the therapist, and new disturbance. 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-5