

# Phase 6: Body scan

Clinicians | Eight-phase Reference | Phase 6

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

Attend to residual bodily disturbance associated with the target and adaptive cognition.

## UNDERSTAND

Context and choices

## DISCUSS

Collaborate and monitor

## ADAPT

Review what helps

### Purpose and context

Invite tolerable body awareness, monitor for residual activation, and respond within the protocol and clinical formulation.

### Client-facing explanation

We check how your body responds. A sensation is information; it is not a failure or proof that a medical symptom is psychological.

### Clinician reference

As you notice the target and the belief, what do you notice in your body?

### General sequence / checklist

1. Confirm whether this phase is appropriate at this point.
2. Invite body awareness in a tolerable way and maintain present connection.
3. Address residual disturbance within training or return to stabilization and assessment.

### Example / documentation consideration

Documentation considerations: Record relevant sensations, interventions, client response, and unresolved concerns.

### Scope and cautions

Monitor dissociation, discomfort with inward attention, pain, and symptoms requiring medical assessment. 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-6](https://emdrdot.com/resources/preparation/phase-6)