

Phase 7: Closure

Clinicians | Eight-phase Reference | Phase 7

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

End each session with attention to orientation, present needs, and support, including when processing is incomplete.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Allow adequate time, acknowledge unfinished work without pushing for a zero rating, review supports and contact plans, and plan reevaluation.

Client-facing explanation

A session can end before a target is fully processed. Your therapist helps you return attention to the present and makes a plan to continue.

Clinician reference

What would help you feel oriented before we finish? What support will you use if you need it?

General sequence / checklist

1. Stop active processing with enough time for individualized closure.
2. Check orientation, current distress, functioning, and safety needs.
3. Use agreed supports, review contact boundaries, and confirm the next step.
4. Offer the chosen export before ending the room; store downloads only in an approved practice system.

Example / documentation consideration

Documentation considerations: Document incomplete status, closure interventions, current presentation, support plan, and follow-up.

Scope and cautions

Monitor unresolved activation, impaired orientation, acute risk, abrupt disconnection, and pressure to finish a target. 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-7