

Phase 8: Reevaluation

Clinicians | Eight-phase Reference | Phase 8

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

Review the previous session and current needs before deciding what to do next.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Ask about target response, new material, daily functioning, support use, and safety; decide together whether to resume, prepare further, or revise the plan.

Client-facing explanation

We check what has changed and what still needs attention. You do not need to have improved to give a useful answer.

Clinician reference

What have you noticed since we last met? How does the previous target feel now? What needs attention today?

General sequence / checklist

1. Review between-session experience and current priorities.
2. Reassess the prior target and relevant ratings when appropriate.
3. Review functioning, support, and readiness.
4. Choose the next step with the client and document the clinical rationale.

Example / documentation consideration

Documentation considerations: Record current target status, relevant ratings, functional changes, safety review, and updated plan.

Scope and cautions

Monitor delayed difficulties, new targets, changed safety needs, and discrepancies between ratings and functioning. 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-8