

Readiness discussion

Clients + Clinicians | Stabilization and Resourcing | Phase 2

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

A collaborative review of present needs, capacities, and supports before changing the pace of treatment.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Readiness is revisited as circumstances change; it is not a score or a promise of an easy session.

Client-facing explanation

We can talk about what feels manageable, what makes it hard to stay present, and what support you would need before we take another step.

Clinician reference

Consider emotional regulation, ongoing stress and safety, dissociation, alliance, capacity to maintain present connection, support, and between-session needs. Discuss modifications, consultation, or more preparation rather than making categorical judgments from a checklist.

General sequence / checklist

1. Ask about current stability, immediate risks, sleep, substances, health changes, and stressors as clinically relevant.
2. Review how the client recognizes activation and disconnection and what helps.
3. Discuss ability to request a pause and the experience of working together.
4. Confirm practical support, contact arrangements, and recovery time.
5. Agree on pacing, preparation, consultation, or another treatment option; document the rationale in the practice system.

Example / documentation consideration

Fictional example: a week with major housing disruption leads to a fresh discussion of session priorities.

Scope and cautions

No automated suitability determination is provided. Neither distress nor a diagnosis alone establishes whether EMDR is appropriate.

Selected references (framework; not validation of every exercise)

EMDRIA: Experiencing EMDR Therapy

EMDRIA: The Eight Phases of EMDR Therapy

No qualified review date recorded. Accessible written counterpart: emdrdot.com/resources/preparation/readiness