

Understanding SUD and VOC

Clients + Clinicians | Session Tools | Phase 3

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

SUD and VOC answer different questions. Neither is a diagnostic test, a readiness score, or a grade.

SUD 0-10

None to highest distress

VOC 1-7

False to true

DIFFERENT QUESTIONS

Not a grade

Purpose and context

Clear scale language helps prevent confusing disturbance with the felt truth of a positive belief.

Client-facing explanation

For SUD, a higher number means more disturbance. For VOC, a higher number means a helpful belief feels more true. You can ask your therapist to explain either scale again.

Clinician reference

SUD: 0-10 subjective disturbance linked to the target in the current assessment context, from no disturbance to highest disturbance. VOC: 1-7 felt truth of the desired positive cognition in relation to that target, from completely false to completely true. Ask consistently, accept the client's number, and interpret in context.

General sequence / checklist

1. Clarify which question is being asked and what target it refers to.
2. Explain both endpoints and accept the client's own rating.
3. Use the demonstration below only for education; it does not record a session.
4. During a live session, use the existing "Show client a scale" controls to present and record a shared response.

Example / documentation consideration

Fictional demonstration: SUD 6 and VOC 2 can coexist because the scales measure different experiences.

Scope and cautions

Do not infer completion, suitability, or diagnosis from a number. Educational selections are temporary component state and are not saved or sent.

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/scales