

Target preparation and planning worksheet

Clinicians | Printable Materials | Phase 1

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

A blank planning aid for a protected practice record, not a form for entering clinical information into the resource library.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

Separating formulation from target assessment can keep planning collaborative and avoid premature activation.

Client-facing explanation

Your therapist will help decide what to focus on and how to pace it. You can say if a possible target feels unclear or too much today.

Clinician reference

Consider goals, possible past experiences, present triggers, future situations, sequencing rationale, strengths, stabilization needs, and consultation needs. Complete target assessment elements only when indicated and within training.

General sequence / checklist

1. Goal / observable daily-life change: _____
2. Past experiences / present triggers / future situations: _____
3. Strengths / supports / coping / preparation needs: _____
4. Sequencing rationale / consent / clinical considerations: _____
5. When indicated: image / negative cognition / desired cognition / VOC / emotions / SUD / bodily disturbance: _____
6. Closure / follow-up / reevaluation plan: _____

Example / documentation consideration

Use the downloadable blank worksheet in an approved clinical documentation system. This page has no patient-entry fields.

Scope and cautions

Downloads may contain sensitive information once completed. Handle them under practice policy; never upload completed worksheets to public educational services.

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/target-worksheet