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**SUPERVISION PREPARATION GUIDE**

**Date:**

Please use this as a guide when presenting a case for supervision. Note any problems you have experienced in one or more phases of the protocol. If your question is about suitability for treatment, only complete the relevant phases of the protocol (1 and 2)

1. **HISTORY**
   1. Information about the patient/client (including age, current occupation, relationship status, drug or alcohol use, prescribed drugs)

* 1. Presenting problems?
  2. Past traumatic experiences (Chronologically)
  3. How does this person usually cope with strong emotion/distressing experiences?
  4. Suitability for treatment – do you have any concerns.
  5. Case Conceptualisation. Briefly state how you plan to work with this client using the Adaptive Information Processing theory.

**2. PREPARATION**

Mention any problems/achievements during the Preparation Phase,(e.g. could a safe place be installed. Were there any concerns about the client's ability to regulate affect. A score above 30 on DES (Dissociative Experience Scale)

**3. ASSESSMENT**

3.1 The memory that you are targeting.

3.2 The worst part of the memory

3.3 Negative Cognition (NC) (most preferable NC for client)

3.4 Positive Cognition (To be thematically linked to NC)

3.5 Validity of Cognition 1-7

3.7 Emotion

3.8 SUD 0-10 (Subjective Units of Distress)

3.9 Location in body

**4. DESENSITISATION**

4.1 Any problems/looping/blocked processing/use of bilateral stimulation

* + - 1. 4.2 Cognitive interweave problems (after Part 2)?
         1. 4.3 Inability to reach 0 Suds

**5. INSTALLATION**

Positive cognition change/Inability to install/ Inability to reach 7/7?

**6. BODY SCAN**

Any remaining physical sensations, new channels opening up?

1. **CLOSURE**
2. **RE-EVALUATION**

8.1 Has the original target memory been processed?

8.2 Does the client need any other skills?

1. **CONSIDER AND BRIEFLY STATE YOUR EMDR SUPERVISION ISSUE(S):**