

As part of our handouts for clinicians who are having difficulty getting started with EMDR, we offer something we hope is amusing:

An ode to recalling the EMDR Protocol (v9)

Commence your deliberations
With contraindications,
For phase one is a mystery
Embroided as it is in taking a history

Phase two's preparation
Includes explanation,
And of course safe place creation
Not to mention - patience

Phase three's assessment is specific,
NC and PC
Can be hard to see,
But focus on domains for an assessment that's terrific

Phase four is the desensitisation
Requiring bilateral stimulation,
Not omitting dual attention,
and perhaps - interweave creation

Unless an incomplete session
Don't miss out five's installation
And if all goes to plan
Then six is the scan

And so to seven, where 'safety', is the byword

A week later for more action get set
By re-evalu-*eight*-ing that targ-et