

Time line sheet for EMDR trauma history taking

Therapist instructions: Use the lines below to chart out the client's trauma history. Start by indicating the starting and ending date/age for *this* sheet. Use as many sheets as necessary putting dates/ your age on each sheet. Then, marking the line at an appropriate point to indicate the date/client's age, write just above the line – at a steep angle PREFERABLY IN PENCIL – each significant traumatic event. If there was a period in the client's life that was particularly 'busy or dense', mark the line at the relevant place with two vertical lines at the start and finish of that period, and then take a *separate* sheet and devote it to that time period. Don't forget to mark the new sheet with a starting and finishing date/age as well.

This sheet: Starting age/date _____ Ending age/date _____ CLIENT NAME/REF _____
