

<b>EMDR Session Summary</b>	<b>Name</b>	<b>Date</b>
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<b>target/ theme/ trigger</b>	
<b>earliest memory/ event</b>	
<b>most recent memory/event</b>	
<b>worst/ most vivid memory/ event</b>	
<b>image</b> (worst part)	
<b>negative cognition/belief &amp; SUDs</b> (image, NC, emotions)	
<b>positive cognition/ belief &amp; VOC</b>	
<b>emotions</b> (image, NC)	
<b>body</b> (image, NC, emotions)	

# of sets / interweaves	
notes  2-3 stabilization skills	