

EMDR FIDELITY RATING SCALE

VI. RECENT EVENT PROTOCOL (RE) SUBSCALE

(only possible to evaluate protocol if all tapes related to recent event are available for review)

Client/Subject #: _____ Clinician: _____

Date of Session: _____ Date of Review: _____ Tape #: _____

Rater: 1) _____ 2) _____

Recent Event Protocol

1. Obtains a narrative history of the event and identifies each separate disturbing segment or moment of the memory ("t").
0 1 2 3 NA
2. Reviews the event and determines which "t" is MOST disturbing to the client.
0 1 2 3 NA
3. Facilitates reprocessing of MOST disturbing "t", using the Standard EMDR Protocol through to completion of the installation phase. Body scan is omitted.
0 1 2 3 NA
4. Appropriately reevaluates MOST disturbing "t" before proceeding to next relevant target. Only proceeds if target is resolved (SUDS = 0 or 1).
0 1 2 3 NA
5. Facilitates the reprocessing of remaining "t's" in chronological order.
0 1 2 3 NA
6. Appropriately reevaluates each "t" before proceeding to next relevant target. Only proceeds if target is resolved (SUDS = 0 or 1).
0 1 2 3 NA
7. After addressing all relevant "t's" (SUDS = 0 or 1), asks client to visualize entire event sequence with eyes closed. If any disturbance is reported, implements the Standard EMDR Protocol, focusing on the disturbance.
0 1 2 3 NA
8. Continues process until client can visualize the event from start to finish without any emotional, cognitive or somatic distress (some disturbance may be ecological).

9. Has client visualize event from start to finish with eyes open and while thinking about the positive cognition. EMs are added as client visualizes entire event.

0 1 2 3 NA

10. Does effective body scan (combines original incident with positive cognition and asks client to scan body; if time allows, processes any sensations client reports).

0 1 2 3 NA

11. If disturbing material, feelings, or sensations emerge during body scan, returns to processing or appropriately contains material (if at end of session).

0 1 2 3 NA

12. Provides appropriate closure.

- | | | | | | | |
|---|--|--|--|--|---|---|
| a. Chooses appropriate termination point. | | | | | + | - |
| b. Provides support/normalizes experience. | | | | | + | - |
| c. Adequately debriefs. | | | | | + | - |
| d. Predicts possibility of continued processing between sessions. | | | | | + | - |
| e. Encourages client to call if having difficulties. | | | | | + | - |

0 1 2 3 NA

13. If material is not completely processed, uses procedure for closing incomplete session (relaxation, visual healing, containment).

0 1 2 3 NA

14. Requests that client journal or maintain a log between sessions.

0 1 2 3 NA

15. After completing processing related to recent past event, targets present triggers using the Standard EMDR Protocol.

0 1 2 3 NA

16. After effectively processing all relevant present triggers, targets future goals using the Future Template Protocol.

0 1 2 3 NA

Comments: _____

(continued on next page)