

SUMMARY SHEET FOR EACH PARTICIPANT: The EMDR Integrative Group Treatment Protocol (IGTP) for Adults

15A

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SUMMARY SHEET BY MARILYN LUBER

Name: _____ Diagnosis: _____

Medications: _____

Test Results: _____

☒ Check when task is completed or response has changed or to indicate symptoms.

The EMDR Integrative Group Treatment Protocol for Adults

Phase 1: Client History

Event Date: _____

Event Narrative: _____

Phase 2: Preparation—First Part

Self-Soothing Techniques and the Butterfly Hug—Introduction

Abdominal Breathing:	<input type="checkbox"/> Completed
Concentration Exercise	<input type="checkbox"/> Completed
Pleasant Memory	<input type="checkbox"/> Completed
Butterfly Hug:	<input type="checkbox"/> Completed
Safe/Calm Place:	<input type="checkbox"/> Completed

Assessment Instrument Administration

☐ Completed

Phase 2: Preparation—Second Part

Introduce SUD Scale: ☐ Completed

Note: No VoC because there is no Installation Phase

<input type="checkbox"/> Hand out paper and crayons:	<input type="checkbox"/> Completed
<input type="checkbox"/> Write name and age on top left:	<input type="checkbox"/> Completed
<input type="checkbox"/> Divide paper in four parts:	<input type="checkbox"/> Completed

Phase 3: Assessment

- ☐ Worst Part (Draw Square A):
- ☐ SUDs: ____/10
- ☐ NC (optional):

Phase 4: Desensitization

- ☐ BH + Look at Drawing A:
 - ☐ Drawing B in Square B:
 - ☐ SUDs in Square B: ____/10
 - ☐ BH + Look at Drawing B:
 - ☐ Drawing C in Square C:
 - ☐ SUDs in Square C: ____/10
 - ☐ BH + Look at Drawing C
 - ☐ Drawing D in Square D:
 - ☐ SUDs in Square D: ____/10
 - ☐ BH + Look at Drawing D
 - ☐ Look at all drawings. Pick most disturbing. SUDs: ____/10 (upper right hand corner of name page).
- SUDs ratings decrease? ☐ Yes ☐ No

Phase 5: Future Vision (No Installation)

- Drawing of self in future: ☐ Completed
- Is this drawing adaptive? ☐ Yes ☐ No
- Word/phrase/sentence about what drawn: _____
- Is this word/phrase/sentence adaptive? ☐ Yes ☐ No
- ☐ Look at Future Drawing + BH:
 - ☐ EPT collects drawings.

Phase 6: Body Scan

- ☐ Body Scan + BH:
 - ☐ Shake body.
- Report a disturbing body sensation? ☐ Yes ☐ No

Phase 7: Closure

- ☐ Safe Place + BH:
- ☐ Breathe deeply three times and open your eyes.

Phase 8: Reevaluation and Follow Up

At the end of the group intervention, the EPT identifies participants needing further assistance. These participants will need to be thoroughly evaluated to identify the nature and extent of their symptoms and any co- or preexisting mental health problems. Staff can make this determination by taking into consideration reports made by the participants' relatives and/or friends, whatever valid measure is used (i.e., IES, IES-R), the entire sequence of pictures, the SUD Scale ratings, Body Scan, the Future Vision drawing and cognition, and the Emotional Protection Team Report.

- Participant needs further help? ☐ Yes ☐ No