CLINICIAN TOOL

Clinician completion with client input

CLINICIAN RESOURCE

Resource Development and Installation Notes

RDI

Choose and develop one resource

Client code (optional)

Session date

Use within your EMDR training and current assessment. Consider dissociation, affect tolerance and access needs. Agree how to pause and return to the present. Detailed trauma recall is not needed.

1. Name the need

Current situation the client would like help with

Quality or capacity needed, and what it could support

2. Explore resource options

Check options that fit, then choose one resource to develop. These are possibilities, not requirements.

- ☐ Mastery experience
  - ☐ Past feeling of desired quality
  - ☐ Past action showing quality
  - ☐ Helpful self-role
  - ☐ Imagined future self
- ☐ Relational resources
  - ☐ Supportive person from life
  - ☐ Mentor or caregiver
  - ☐ Public role model
  - ☐ Fictional character
- ☐ Symbols and metaphors
  - ☐ Image, symbol or metaphor
  - ☐ Dream / daydream image
  - ☐ Art or guided imagery

☐ Other:

Chosen resource: what fits this need, and what does the client want left out?

Helpful details and the client's response: meaning, action, feeling, sound, image or sensation

Imagery, body attention and closeness to a figure are optional. Details may stay private.

Concerns or uncomfortable associations to address before continuing

Optional resource helpfulness for this need: Before strengthening

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ Not rated

1 = not helpful; 7 = very helpful. Not VoC, a validated measure or a readiness cutoff.

Continue on page 2 only with client agreement and a helpful, tolerable resource. Development can stop here.
If using BLS, use brief sets within your training, adjust pacing and check in after each set.
If distress, conflict or disconnection appears, pause, support present orientation and reassess.

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Clinical workflow aid | Use within EMDR training

CLINICIAN RESOURCE

Resource Development and Installation Notes

RDI

Strengthen, reconnect and agree on use

Client code (optional)

Session date

3. Strengthen and notice the response

What approach did you use? Include BLS method and adjustments, if used.

What changed, if anything, in the resource, feelings, sensations or ability to stay present?

Pause BLS if distressing material, conflict or loss of orientation appears. Return to the present and reassess; do not move into unplanned trauma processing.

4. Choose a cue and check access

What cue did the client choose? A word, object, sound or gesture can work.

After a pause, what happened when the client returned to the cue?

If appropriate, one manageable situation and action this could support

Optional resource helpfulness for this need: After reconnecting: same need

◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5 ◯ 6 ◯ 7 ◯ Not rated

1 = not helpful; 7 = very helpful. Not VoC, a validated measure or a readiness cutoff.

5. Agree what happens next

☐ Keep ☐ Modify ☐ Choose another ☐ Pause

Why this next step? Include the client's preference.

What may the client try between sessions? When should they stop, and what could help instead?

When and how will you review it?

An application check is not a completed formal future template. Original support aid, not a complete protocol. RDI conceptual source: Korn & Leeds (2002), doi.org/10.1002/jclp.10099.

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