

CASE PRESENTATION FORMAT For EMDR Consultation

Identifying Information

- Identified Patient's (IP's) First Name and Last initial
- IP's Age, marital status, race/ethnicity, employment status, living with whom?
Example: Monroe F. is a 42 year-old twice married White male, employed full time and living with his second wife and his two kids from his first marriage.

Presenting Problem

- Symptoms and diagnosis
- What client says s/he wants and what client *really* wants
Example: Monroe presents with anxiety and avoidance, but what he really wants his for his wife to change.

Treatment

- How many sessions
- Who has been seen
- Has EMDR been utilized? If so, what target, NC, PC, Affect, Sensation and SUD?
Example: I've seen Monroe 9 times total, three of these sessions with his wife. I have done one EMDR session with him.

Supervision Question

- What do *you* want help with for this consultation?
- Sample options include (but not limited to):
 - Consult about the case formulation ("Macroprocess analysis")
 - Consult about impasses in the session ("Microprocess analysis")
 - Trouble-shoot EMDR impasses
 - Explore counter-transference issues

Example: I'm presenting this case to get a better handle on what is going on from a theoretical perspective; I want to figure out how to get a better response from EMDR...

Genogram

If you plan to present a case to be followed throughout many consultation sessions, it is helpful to send me a genogram.

- You can use the *Genogram Worksheet* available on the website (barrylittmft.com/resources)
- Be sure there are no last names on the genogram you send me
- You can attach a scanned genogram to my email address or fax one to me at 603-774-6107

Video or Audio Tapes

Taping is a recommended practice and is a requirement from EMDRIA Certification. See the EMDRIA website for consent forms (<http://emdria.org/displaycommon.cfm?an=1&subarticlenbr=45>)