

SIX CORE SKILLS



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COLLECTIVE

To maximise EDMR therapy there are some key skills that both you and your therapist need to feel confident you can engage with well enough. If you don't feel confident in these skills, that is perfectly ok, we can utilise your EMDR intensive to focus on building these skills.

1 Notice your body

2 Notice your emotions

3 Notice your thoughts

4 Notice where the mind goes

5 Stay in the room with the therapist

6 Report back to the therapist what is happening or not happening

ACTIVITY



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Work through these steps to begin developing the six EMDR core skills

1 notice your
body



Link emotions to body sensations
eg. 'Where are you feeling anxiety in your body?'

2 notice your
emotions



Name 3 emotions you experienced throughout the day

3 notice your
thoughts



Link your emotions to thoughts
'As you feel anxiety, what thoughts come up?'

4 notice where
the mind goes



Focusing on time travel Celebrate noticing where the mind travels to and transitions in real time

5 stay in the
room



Take note of 5 things you can see and hear

6 report to the
therapist



Practice reporting to yourself in a daily reflection journal
