

EMDR FIDELITY RATING SCALE:

RATING OF INTRODUCTORY PHASES OF TREATMENT (HX & TX PLANNING, PREPARATION, SAFE PLACE EXERCISE)

Subject: _____ **Date of Session:** _____ **Date of Review:** _____

Rater: 1) _____ 2) _____

0	1	2	3
No Adherence	Some Adherence But Inadequate	Adherence Acceptable	Adherence Very Good

History Taking and Treatment Planning

1. Gathers relevant history according to EMDR Client History/Treatment Planning Worksheet

0 1 2 3 NA

2. Identifies possible EMDR targets (memories, images, sensations, etc) according to EMDR Session by Session Protocol guidelines

0 1 2 3 NA

3. Proposes and discusses treatment plan with client

0 1 2 3 NA

Total Score _____

Average Section Score (Total Score ÷ # of Relevant Items) _____

Preparation

(In addition to this rating scale, use Resource Development and Installation Rating Scale for second session and any other sessions devoted to RDI)

1. Offers a coherent explanation/rationale for Safe Place Exercise and Resource Development and Installation Work

0 1 2 3 NA

2. Offers clear guidelines about client's participation

0 1 2 3 NA

3. Physical Preparation

0 1 2 3 NA

a. Arranges chairs for "ships in the night" position + -

b. Gets comfortable distance/speed for hand movements + -

4. Establishes stop signal

0 1 2 3 NA

5. Establishes metaphor

0 1 2 3 NA

6. Establishes or checks safe place

0 1 2 3 NA

7. Establishes or checks resources

0 1 2 3 NA

Total Score

Average Section Score (Total Score ÷ # of Relevant Items)

Safe Place Exercise (first or second session only)

1. Offers a coherent explanation/rationale for the safe place exercise

0 1 2 3 NA

2. Helps client identify an appropriate safe place

0 1 2 3 NA

3. Asks client to provide some details about his/her safe place image

0 1 2 3 NA

4. Asks client to focus on the image, notice the emotions, and identify the location of positive physical sensations

0 1 2 3 NA

5. Introduces eye movements (set of 4-6) and checks in with client about how he/she is feeling at the end of each set

0 1 2 3 NA

6. Asks client to identify a cue word or phrase associated with the safe place and encourages client to rehearse it mentally

0 1 2 3 NA

7. Instructs client to repeat the procedure on his/her own, bringing up the image and the word and experiencing the positive feelings without eye movements

0 1 2 3 NA

8. Asks client to bring up a minor disturbing thought, issue, or incident and notice the negative feelings while guiding him/her through the safe place exercise

0 1 2 3 NA

9. Asks client to bring up a disturbing thought, issue, or incident and do the safe place exercise, this time without assistance

0 1 2 3 NA

10. If client experiences difficulties with exercise (unable to identify safe place; dissociative or avoidant response; emergence of negative pictures, emotions, sensations, thoughts), offers appropriate suggestions or interventions

0 1 2 3 NA

a. Assists client in exploration of possible Safe Place associations; offers suggestions + -

a. Redirects client back to safe place image + -

b. Introduces container imagery to contain + -

negative material

c. Works with client to select another image + -

d. Uses shorter sets of EMs or omits EMs + -

Total Score _____

Average Section Score (Total Score ÷ # of Relevant Items) _____

6. Asks client if he/she notices any positive emotions when he/she focuses on the image/resource.

0 1 2 3 NA

7. Asks client to notice any positive sensations when he/she focuses on the image/resource and then inquires as to where these sensations are located in the body.

0 1 2 3 NA

8. Helps client enhance the connection with the image, sensations, and emotions associated with the resource by repeating the descriptive terms.

0 1 2 3 NA

9. Asks client to focus on the image, the feelings (emotions and sensations), and a cue word, phrase, or positive belief statement (if appropriate) and adds EMs with the instructions to just notice what happens.

0 1 2 3 NA

10. Does a short set of eye movements and asks what client notices.

0 1 2 3 NA

11. If appropriate, asks client to go a step further in connecting with the resource (encourage the addition of verbal and sensory cues) and does a set of EMs.

0 1 2 3 NA

12. Continues with sets of EMs as positive feelings and associations get stronger and/or stops when the resource is appropriately strengthened.

0 1 2 3 NA

14. Asks client to imaginably practice using the resources in a challenging future situation (future template).

0 1 2 3 NA

Total Score _____

Average Section Score (Total Score ÷ # of Relevant Items) _____

EMDR FIDELITY RATING SCALE:

RATING OF TRAUMA-PROCESSING PHASES OF TREATMENT (REEVALUATION, ASSESSMENT, DESENSITIZATION, INSTALLATION, BODY SCAN, CLOSURE)

Subject: _____ **Date of Session:** _____ **Date of Review:** _____

Rater: 1) _____ 2) _____

0	1	2	3
No Adherence	Some Adherence But Inadequate	Adherence Acceptable	Adherence Very Good

Reevaluation (if client has had a previous EMDR session)

1. Checks SUDS and VoC on previous target

0 1 2 3 NA

2. Obtains feedback on experience since last session including probing for any new material that may have emerged

0 1 2 3 NA

3. Checks for any unprocessed material from last session

0 1 2 3 NA

Total Score _____

Average Section Score (Total Score ÷ # of Relevant Items) _____

Assessment

1. Helps client to select appropriate memory or issue (may be previous EMDR target or new target)

0 1 2 3 NA

2. Obtains vivid picture representing the worst aspect of memory or issue

0 1 2 3 NA

3. Helps client develop adequate negative cognition (present tense, I statement, if possible.).

0 1 2 3 NA

4. Helps client develop appropriate positive cognition (possible and generalizable)

0 1 2 3 NA

5. Obtains accurate VoC (Links positive cognition with picture or issue. Stresses rating of VoC in the PRESENT.)

0 1 2 3 NA

6. Obtains emotions linked to picture and negative cognition; explores for additional emotion(s) if warranted

0 1 2 3 NA

7. Gets SUDS level

0 1 2 3 NA

8. Gets Body Sensations

0 1 2 3 NA

Total Score _____

Average Section Score (Total Score ÷ # of Relevant Items) _____

Desensitization

1. Before beginning EMs, instructs client to bring up picture, negative cognition, and body sensations (preferable to use client's words in each category)

0 1 2 3 NA

2. Effectively performs hand movements and makes sure that client tracks adequately

0 1 2 3 NA

3. If client's eyes don't follow, clinician makes appropriate response - verbally cues client, slows speed, makes additional finger motions

0 1 2 3 NA

4. Performs initial set of at least 24 back and forth movements (unless client has difficulty tolerating set of 24 saccades)

0 1 2 3 NA

5. Gives appropriate verbal support during EMs

0 1 2 3 NA

6. Stops EMs gently and instructs client appropriately ("take a breath, let it go", and some version of "What comes up for you now?")

0 1 2 3 NA

7. Restarts EMs at appropriate time without digression, inappropriate discussion, or repetition of client's words

0 1 2 3 NA

8. Handles abreactions appropriately - keeps eyes moving, provides additional support, does longer sets of EMs, etc.

0 1 2 3 NA

9. If material is stuck or looping, therapist intervenes appropriately

0 1 2 3 NA

- a. Increases speed and number of EMs + -
- b. Asks client about body sensations + -
- c. Changes directions of EMs + -
- d. Returns to initial starting point + -
- e. Changes modalities, e.g. to hand taps + -
- f. Utilizes other flow chart options + -

10. Appropriate timing and application of cognitive interweaves (including sensitivity to possible issues of responsibility, safety, and choices)

0 1 2 3 NA

11. Checks SUDS with original incident when appropriate and makes sure SUDS is '0' or '1' PRIOR to moving on to Installation of Positive Cognition (Continues EMs if SUDS is >1)

0 1 2 3 NA

Total Score _____

Average Section Score (Total Score ÷ # of Relevant Items) _____

[NOTE: IF SUDS HAS REACHED '0' OR '1', GO ON TO INSTALLATION SECTION. IF SUDS HAS NOT REACHED '0' OR '1' BY END OF SESSION, SKIP TO CLOSURE SECTION.]

Installation

1. Checks for the possibility of a better positive cognition

0 1 2 3 NA

2. Checks VoC by pairing positive cognition with original incident. Does at least one set of EMs and rechecks VoC

0 1 2 3 NA

3. If VoC is 5 or less, does more EMs if sufficient time

0 1 2 3 NA

5. If VoC is 6 or 7, does positive installation with EMs

0 1 2 3 NA

Total Score _____

Average Section Score (Total Score ÷ # of Relevant Items) _____

Body Scan

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

0 1 2 3 NA

Total Score _____

**EMDR FIDELITY RATING SCALE:
SUMMARY FORM**

Subject: _____ **Date of Session:** _____ **Date of Review:** _____

Rater: 1) _____ 2) _____

	Average Section Scores	NR = Not Rated
1. History-taking and Tx Planning	_____	NR
2. Preparation	_____	NR
3. Safe Place Exercise	_____	NR
4. RDI	_____	NR
5. Reevaluation (NA for sessions 1-3)	_____	NR
6. Assessment	_____	NR
7. Desensitization	_____	NR
8. Installation	_____	NR
9. Body Scan	_____	NR
10. Closure	_____	NR
Sum of Average Section Scores	_____	
Number of Sections Rated	_____	
Overall Fidelity Score (Sum of Average Section Scores ÷ Number of Sections Rated)	_____	

CRITICAL ITEMS FOR EVALUATION OF FIDELITY

	Score	NR = Not Rated
1. Overall Fidelity Score > 2	_____	NR
2. Assessment Average Section Score > 2	_____	NR
3. Desensitization Average Section Score > 2	_____	NR
4. Installation Average Section Score > 2	_____	NR
5. If stuck or looping, therapist intervenes appropriately > 2 (See Item #9 in Desensitization Section)	_____	NR
6. Appropriate timing and use of Cognitive Interweaves > 2 (See Item #10 in Desensitization Section)	_____	NR