

EMDR

Grounding, Coping & Safety Exercises

Patient: _____

Date: _____

Technique	Date Taught	Effective in Office Y/N	Effective at Home Y/N	Details, Cue Words
Calm Place				
RDI-skill				
Remote Control				
Light Stream				
Container				
Tactile (catch, EO, stretching)				
Orienting Chat				
Nurturer				
Protector				
Wise Person				
Inner Advisor				

