## POST-EMDR AFTER CARE & REFLECTION

- What was the best thing you learned about yourself or understood further about yourself during the session? What was your biggest takeaway from the session? What insights arose following the session?
- What came up after the session? Log it in the Post-EMDR Log Sheet on the following page and send it through to your therapist before the next

**Thoughts:** Any recurring or intrusive thoughts that surface. These thoughts may be directly related to the memories processed in the session or could be new insights.

**Feelings:** Any emotions that emerge post-session.

Images: Visual images or flashbacks that come up. These images can provide valuable information about unresolved aspects of trauma that we might need to work on in a future session.

Sensations: Physical sensations, whether they are feelings of tension, relaxation, or other bodily responses. These sensations can be indicative of the body's processing of trauma.

Dreams: Any dreams related to the content of the session or out of the ordinary.

- List any questions for your therapist that came up after the session.
- **How can you practice self-compassion and self-care?** Observe your self-talk. How can you care for yourself post-session? Whether it's taking a walk, engaging in a hobby, or practicing, relaxation techniques, self-care is a vital component of recovery. Take a look at our EMDR Self-Care Package for more tips. Free to download from www.heartoftherapy.com.au (under the New Clients tab in the main menu).
- How has your personal life been impacted in relation to: Sleep - Observe your sleep patterns, noting any changes in falling asleep and staying asleep. Sleep is a critical aspect of mental health, and disruptions to sleep are important to monitor.

Daily Living - This includes any difficulties experienced in managing daily routine tasks and responsibilities. Understanding these impacts can help your therapist provide targeted support.

Engagement with life - Reflect on your involvement in social activities, hobbies, and overall engagement with life. A decrease in engagement is important to monitor, and address if it continues.

Reference: Adapted from the Rise-Up Model created by Liam Spicer

## EMDR LOG SHEET

During EMDR your brain processes information, moving it towards resolution. It is not uncommon for processing to continue in the hours and days following EMDR therapy. You may experience other memories, images, dreams, thoughts, or emotions in some way related to the information that was worked on during the EMDR session.

These experiences may reflect further natural information processing in your brain. It may be useful or necessary to work on this information at your next appointment. If some of these experiences are upsetting, use your relaxation strategies to help you. If any experience or reaction is strongly distressing and feels unmanageable, please contact me on 0481 352 579.

Use this sheet to record any experiences related to your EMDR session. Record the date, the event that triggered the experience, and any memory, image, thoughts, or emotions. Please bring this sheet to your next appointment or send to me prior.

Date	The Event That Triggered The Experience	Experience (Memory, Image, Dream, Thought, Emotion)