

EMDR Fidelity Rating Scale (EFRS)

The Clinician Forms

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The complete EFRS (formatted for use in research), the EFRS manual (containing relevant information about the scale, with instructions for clinicians, raters, and researchers), essential forms, an EFRS excel workbook with embedded scoring calculators, and a sample scoring workbook can be found and downloaded <http://emdrresearchfoundation.org/emdr-fidelity-rating-scale> . These materials are available through a Creative Commons Attribution-NonCommercial-NoDerivatives License (<https://creativecommons.org/licenses/by-nc-nd/4.0/>).



EFRS Clinical Forms. Version 1. 2017-08-18.

EMDR FIDELITY RATING SCALE

Single Session Summary (SSS) Form
Completed by the Clinician

Session # _____

Client/Participant# _____

Session Date: _____

Clinician Code: _____

To be completed by Rater

Rater #:

Review Date:

I. Introductory (INTRO)

- History-taking and Treatment Planning
- Preparation
- Safe/Calm Place Exercise

II. Resource Development and Installation (RDI) (optional)

III. Adverse Life Experiences (ALE) Processing:

- Past - Target Title: _____
- Present - Target (Trigger/Symptom) Title: _____
- Assessment (of new target)
- Re-evaluation (if previous EMDR trauma processing session)
- Desensitization
- Installation
- Body Scan
- Closure

IV. Future Template (FT)

Future – Target Title _____

Modifications to the Protocol

Did you modify the protocol? No Yes

If yes, please describe the nature of the modifications and your reasons for them.

Additional Comments:

Treatment Plan Tracking (TPT) Form
Completed by the Clinician

Client/Participant # _____ Clinician Code: _____ First Session Date: _____

Last Session Date: _____ Number of Sessions Completed _____

To be completed by Rater Rater #: _____ Review Date: _____

This form provides space for a limited number of targets. If more targets are identified for Presenting Issue #1, use an additional Presenting Issue #1 form, indicating on the first form, "Continued on next page".

PRESENTING ISSUE #1						
TARGETS	Identified in Session #	Processed in Session #				
Past						
Past						
Past						
Past						
Present						
Present						
Present						
Present						
Future						
Future						
Future						
Future						

COMMENTS: _____

This form provides space for a limited number of targets. If more targets are identified for Presenting Issue #3, use an additional Presenting Issue #3 form, indicating on the first form, "Continued on next page". If additional Presenting Issues are identified, change the number on the form to read Presenting Issue #4, etc.

PRESENTING ISSUE #3						
TARGETS	Identified in Session #	Processed in Session #				
Past						
Past						
Past						
Past						
Present						
Present						
Present						
Present						
Future						
Future						
Future						
Future						

COMMENTS: _____
