

# POST-EMDR

## AFTER CARE & REFLECTION

- 1 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?
- 2 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 session.  
**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.
- 3 List any questions for your therapist that came up after the session.**
- 4 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](http://www.heartoftherapy.com.au) (under the New Clients tab in the main menu).
- 5 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

