

## **Adapting EMDR for managing trauma in the context of different mental health presentations**

An ability to draw on knowledge of that traumatic experiences can contribute to many mental health presentations and that (as a consequence), while these presentations may not meet criteria for PTSD, they may benefit from EMDR
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An ability to draw on knowledge that the three-pronged, eight-phase standard protocol is usually the protocol of choice, regardless of different mental health presentations
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An ability to build on knowledge of the standard EMDR protocol and procedures, and to:
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apply the protocol to a range of situations and clinical problems where traumatic experiences are evident and part of the clinical picture (for example, in phobias and other anxiety disorders, excessive grief, somatic disorders, psychosis, addictions)
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use clinical judgment to modify the standard protocol for certain presentations, for example:
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processing present events or anticipated future events before past events if these are causing the most distress/disrupting current functioning)
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