As part of our handouts for clinicians who are having difficulty getting started with EMDR, we offer something we hope is amusing:

**An ode to recalling the EMDR Protocol (v9)**

Commence your deliberations  
With contraindications,  
For phase one is a mystery  
Embroiled as it is in taking a history

Phase two’s preparation  
Includes explanation,  
And of course safe place creation  
Not to mention - patience

Phase three’s assessment is specific,  
NC and PC  
Can be hard to see,  
But focus on domains for an assessment that’s terrific

Phase four is the desensitisation  
Requiring bilateral stimulation,  
Not omitting dual attention,  
and perhaps - interweave creation

Unless an incomplete session  
Don’t miss out five’s installation  
And if all goes to plan  
Then six is the scan

And so to seven, where ‘safety’, is the byword

A week later for more action get set  
By re-evalu-ei-eight-ing that targ-et

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