‘GATE’ Pathway for EMDR (only pass through gateways if criteria stated are met)

**Phase 1**
HISTORY
No contraindications remaining and complete history obtained

If yes, pass through gate

**Phase 2**
PREPARATION
Client can reliably and consistently affect regulate and client’s fears have been fully addressed

If yes, pass through gate

**Phase 3**
ASSESSMENT
All components of target have been satisfactorily identified

If yes, pass through gate

**Phase 4**
DESENSITISATION
SUDS have reached 0 or an ‘ecologically’ valid level

If yes, pass through gate
If no, go to Phase 7

**Phase 5**
INSTALLATION
VOC has reached two 7’s

If yes, pass through gate

**Phase 6**
BODY SCAN
No physical disturbance or other material arising

If yes, pass through gate

**Phase 7**
CLOSURE
The client is safe to leave the clinic, and has the resources to cope with any foreseeable problems and will use them if necessary, prior to the next session

If yes, pass through gate

**Phase 8**
RE-EVALUATION
Target reassessed, updated on developments since previous session. You have a clear indication of where to go next

If yes, pass through gate

Be prepared to return to Phases 1, 2 or 3 at any stage if further relevant material surfaces that indicates a need for further history taking, circumstances change resulting in contraindications, or safe places/resources need changing.