



# CASE CONCEPTUALIZATION

## Childhood onset of trauma

## Attachment (parent/caregiver)

## Adult onset of trauma/ Current Stressors

## Affect Regulation

## Adaptive Information Available?

- Early (preverbal) trauma (adoption, birth trauma, medical etc.)
- COVERT: enmeshment, parentification, emotional incest
- OVERT: physical or sexual abuse and/or neglect (emotional or physical)

- Level of attunement
  - Mental health (depression, narcissism, BPD, and/or substance use)
  - Domestic violence
  - Actual/ felt sense of abandonment
- Attachment resource?**

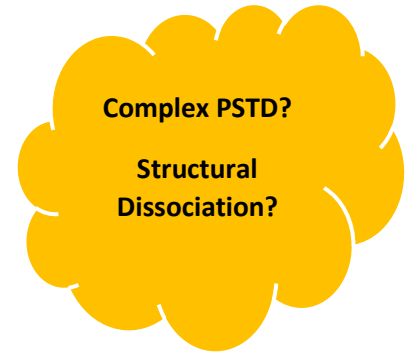
- Physical assault, rape, etc.
- Abandonment re-injuries
- Grief; Other trauma
- Financial, medical, familial current stressors

**Need to start in present prong?**

- Ability to stay in window of tolerance; use coping skills
- Current drug/ alcohol use
- Other compulsive behaviors
- Ability to tolerate positive/negative affect and soma

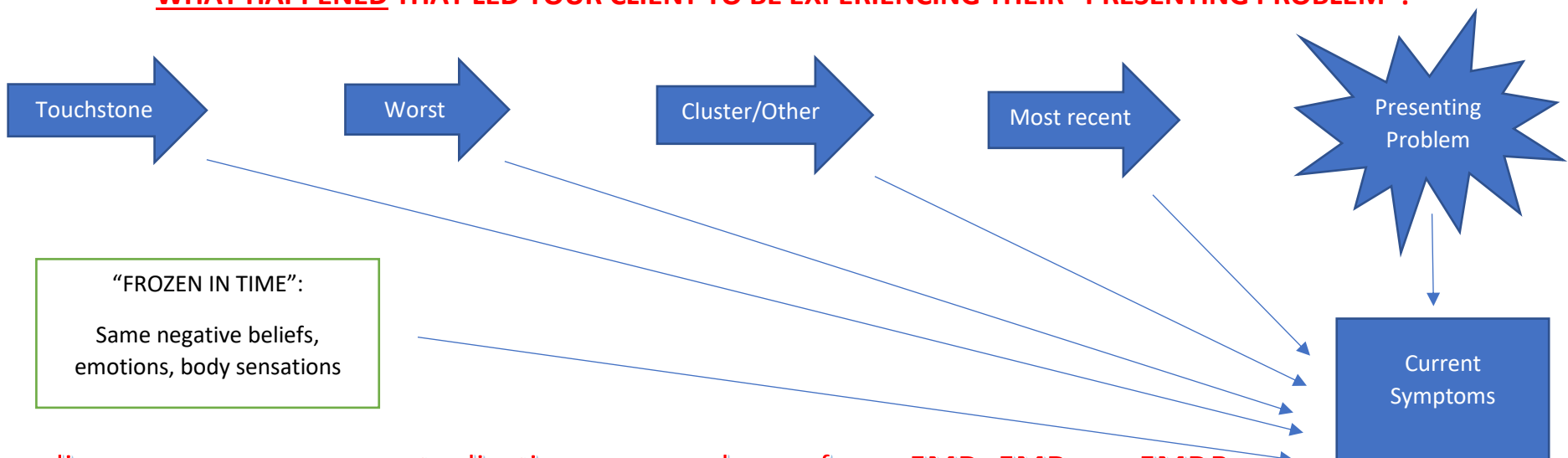
**Urge reduction protocol?**

**- Need RDI?**



# EMDR AIP MODEL

**WHAT HAPPENED THAT LED YOUR CLIENT TO BE EXPERIENCING THEIR "PRESENTING PROBLEM"?**



**Depending on your case conceptualization, we can choose from: EMD, EMDr, or EMDR**