TICES Log

The processing you have been doing in EMDR may continue between sessions. You may or may not notice new insights, thoughts, memories, or dreams. If so, just notice take a snapshot of what you are experiencing in this log: what you are seeing, feeling, thinking, and the trigger on the TICES grid below. Then use your calm/safe or special place _____ or "container" to release any disturbance. Call me if you need to speak with me before our next session.

***T**rigger Situation*	***I**mage*	***C**ognition/Thoughts*	***E**motions*	*Body **S**ensation*	*SUD*(0-10)*

**** Subjective Units of Disturbance***
0=neutral/10=highest disturbance you can imagine

See Dr. Shapiro's (2012) book "Getting Past Your Past" pages 91-94 for a full description and example of the use of this log. Adapted from ©2001 Francine Shapiro – Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures. 2nd edition text, page 429.