

# EMDR History Checklist

Name \_\_\_\_\_

DOB \_\_\_\_\_ ID \_\_\_\_\_

Parents/Guardians \_\_\_\_\_

## Current or Recent Behaviors

- ☐ Indiscriminate affection with strangers and others
- ☐ Clingy with parent
- ☐ Arguing
- ☐ Defiance
- ☐ Destruction of property
- ☐ Quick to anger
- ☐ Meltdowns
- ☐ Aggression towards people or animals
- ☐ Acute jealousy towards siblings
- ☐ Stealing
- ☐ Lying
- ☐ Running away
- ☐ Whining
- ☐ Difficulty concentrating
- ☐ Hyperactivity
- ☐ Excessive masturbation
- ☐ Sexualized behaviors toward others
- ☐ Defiance/Opposition
- ☐ Difficulty falling asleep
- ☐ Difficulty staying asleep
- ☐ Nightmares
- ☐ Enuresis
- ☐ Encopresis
- ☐ Other abnormal bathroom behaviors such as urinating in odd places or smearing feces
- ☐ Controlling/bossy toward others
- ☐ Does not go to parents for comfort
- ☐ Will not accept closeness or comfort
- ☐ Other \_\_\_\_\_

**Current Triggers (Situations that seem to lead to acting out behaviors.)**

- ☐ Mom/dad/teacher saying no
- ☐ Mom/dad giving attention to a sibling
- ☐ Play with siblings or peers
- ☐ Mom/dad/teacher giving a direction or redirection
- ☐ Mom/dad/teacher with an angry face
- ☐ Mom/dad sick, sad, preoccupied
- ☐ Receiving a consequence
- ☐ A family holiday or birthday
- ☐ A good grade
- ☐ A bad grade
- ☐ A criticism
- ☐ A compliment
- ☐ A transition from one activity to another
- ☐ Time to go to school
- ☐ Something exciting coming up
- ☐ Frustrating or confusing job or homework
- ☐ Bedtime
- ☐ Time to get up
- ☐ Other \_\_\_\_\_

**Traumatic Past Events**

- ☐ Loss of primary caregivers and/or changes in primary caregivers
- ☐ Temporary placement such as foster care or orphanage care
- ☐ Early experiences of abuse of any kind, neglect, or rejection by caregivers
- ☐ Early medical interventions
- ☐ Early experiences of pain that may have interfered with the child being able to relax and bond, such as ear pain or colic
- ☐ Early separations from primary caregivers due to hospitalizations or any other reasons
- ☐ Frequent changes in daycare providers
- ☐ A frightening or chaotic environment, such as domestic violence that may have interfered with the child being able to relax and bond
- ☐ Parental addictions that may have removed the safe emotional presence of the parent
- ☐ Parental stressors such as illness in the family, death in family, job loss, etc, that may have removed the safe emotional presence of the parent

- \_\_\_ Parental emotional problems such as PTSD that may have removed the safe emotional presence of the parent
- \_\_\_ The child overhearing information that interfered with feelings of safety and trust in parents
- \_\_\_ Ridicule or rejection from classmates or teachers
- \_\_\_ Other \_\_\_\_\_

**Negative Cognitions (NCs)**

**(Think about the child's history and his current behaviors and hypothesize which upsetting thoughts and beliefs may be driving the child's actions.)**

- \_\_\_ "I am not safe."
- \_\_\_ "I cannot trust mom/dads."
- \_\_\_ "I cannot trust or depend on anyone."
- \_\_\_ "I have to get what I need/want for myself."
- \_\_\_ "It is not safe to be close."
- \_\_\_ "It is not safe to be vulnerable."
- \_\_\_ "I am powerless."
- \_\_\_ "I am bad/evil."
- \_\_\_ "If I make a mistake, I am a mistake."
- \_\_\_ "I need food/stuff to be OK."
- \_\_\_ "She/he is out to hurt me."
- \_\_\_ "She/he is against me."
- \_\_\_ "Moms/dads are mean."
- \_\_\_ "Moms/dads will leave."
- \_\_\_ "She/he deserves to be punished."
- \_\_\_ "I have to be in control."
- \_\_\_ "I should have done something."
- \_\_\_ "I am not good enough."
- \_\_\_ "I do not belong."
- \_\_\_ "Something is wrong with me."
- \_\_\_ "My feelings are bad/unsafe/scary."
- \_\_\_ "It is not safe to share my feelings."
- \_\_\_ "It is not safe to love or accept love."
- \_\_\_ "I do not deserve love."
- \_\_\_ "I do not deserve to be complimented."
- \_\_\_ "A compliment is unsafe."
- \_\_\_ "Bad things always happen."

- \_\_\_ "Good things are not safe."  
\_\_\_ "I will disappear if you don't see me and hear me."  
\_\_\_ "I don't deserve to be here."  
\_\_\_ "Biological kids are more special than adopted kids."  
\_\_\_ Other \_\_\_\_\_

**Desired Positive Cognitions (PCs)**

(Hypothesize the thoughts/beliefs the child may need to adopt or strengthen in order to feel and behave better.)

- \_\_\_ "I am safe."  
\_\_\_ "I can trust my mom/dad."  
\_\_\_ "I can relax and depend upon my mom/dad to give me what I need."  
\_\_\_ "It is safe to be close."  
\_\_\_ "It is okay to be vulnerable."  
\_\_\_ "I have choices."  
\_\_\_ "I have a good heart."  
\_\_\_ "My mom/dad wants the best for me."  
\_\_\_ "My mom/dad is on my side."  
\_\_\_ "My mom/dad will always be here for me."  
\_\_\_ "I am loved."  
\_\_\_ "I am lovable."  
\_\_\_ "I did the best I could."  
\_\_\_ "I do not have to be perfect."  
\_\_\_ "I belong."  
\_\_\_ "I am fine as I am."  
\_\_\_ "My feelings are normal and okay."  
\_\_\_ "It is safe to share my feelings."  
\_\_\_ "It is safe to love and be loved."  
\_\_\_ "I deserve love."  
\_\_\_ "I deserve compliments."  
\_\_\_ "Compliments are safe."  
\_\_\_ "Mostly good things happen."  
\_\_\_ "Good things are safe."  
\_\_\_ "I am here even when you don't see me or hear me."  
\_\_\_ "I deserve to be here."  
\_\_\_ Other \_\_\_\_\_

**Future Templates (behaviors you would like the child to adopt)**

- ☐ Cooperating while getting ready for bed
- ☐ Cooperating about getting ready in the morning
- ☐ Saying "okay" when mom/dad says "no" or makes a request
- ☐ Sharing, taking turns
- ☐ Finding something else to do when mom/dad pays attention to a sibling
- ☐ Coping with homework frustration
- ☐ Accepting a compliment
- ☐ Expressing hurt or angry feelings appropriately
- ☐ Coping when mom/dad is sick, sad, preoccupied, or angry
- ☐ Joining in the fun on a family holiday or birthday
- ☐ Handling criticism skillfully
- ☐ Handling a consequence
- ☐ Saying "I'm sorry" and correcting the situation
- ☐ Asking for something appropriately
- ☐ Other \_\_\_\_\_