

EMDR pain formulation & plan



Pain can occur for many reasons as a signal something is wrong. But sometimes this system becomes confused. Longer term pain can be trapped in the nervous system by neuroplasticity training pain receptors to be more aware and fire more often. It is like pain is locked in or trained. EMDR can stimulate the system to try to change this.

We can't make exact predictions of how your nervous system will respond so keep an open mind to what is possible. Firstly, this formulation will assess your pain in both types (traumatic and non-traumatic).

Traumatic pain- list any events that caused the pain and the image that comes to mind when thinking of them

Non traumatic pain- describe the pain. How it feels physically or associated images, shapes, temperatures, etc.

Think next of the impact of pain on what you think of yourself, feel and do. These are the present issues that may change when processing.

Negative thoughts/ beliefs



Emotions



Behaviour

Finally, consider the future, what might life be with better managed pain.

My vision for my future