

EMDR-Working sheet OCD-protocol

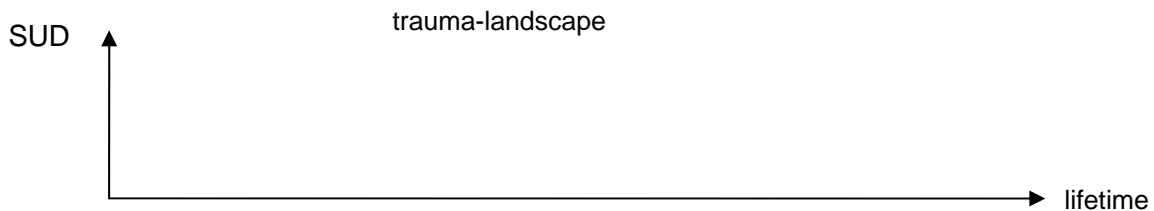
Name.....Age.....Date.....

OCD since..... 1. situation:.....SUD.....

Y-BOCS		BDI	PDS	DES

	worst experiences	Age	SUD	SUD-control
1.				
2.				
3.				
4.				
5.				

	most positive experiences	Age
1.		
2.		
3.		
4.		
5.		



structure of personality	sequence	
<input type="checkbox"/> self-insecure / dependent	EMDR, afterwards ERP	
<input type="checkbox"/> rest	ERP + EMDR alternatly	

	trigger situations for OCD	SUD	SUD-control
1.			
2.			
3.			
4.			
5.			

	worst possible consequences	SUD	SUD-control
1.			
2.			

	imaginary blocking / inhibition	SUD	SUD-control
1.			
2.			

verbal trigger	
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