

Three prompts for trauma therapy practice

Copy these into your own AI tool, change the wording if you like, and see what works for you. No client names, no identifying details.

1 EMDR PROTOCOL

Case Conceptualisation for EMDR Target Clustering

Act as an expert trauma clinical consultant trained in the standard 8 phase EMDR protocol.

I will provide deidentified client background and target themes.

Please help me organize the client's experiences into:

1. Touchstone memory hypotheses
2. Worst part representations (Sensory, Emotion, Negative Cognition)
3. Interlocking secondary triggers in the present
4. Desired positive cognition candidates

Crucial: Maintain clinical neutrality and ensure complete absence of identifying patient health info.

2 CLINICAL NOTES

Session Note to Objective SOAP / BIRP Converter

Transform the following rough clinician notes into a compliant, objective SOAP note for an EMDR reprocessing session.

Rough notes:

- Phase: Phase 4 Desensitization
- Channels processed: Childhood accident memory
- SUD start: 8 to SUD end: 2
- Cognitive shifts: Patient noted "I was just a kid"
- Somatic response: Tension in chest resolved to neutral breathing

Format with: Subjective, Objective, Assessment, and Plan with next targets identified. Keep language clear, clinical, and audit ready.

3 SESSION SUPPORT

Therapeutic Reformulation & Cognitive Interweave Generator

My client is currently looping during Phase 4 EMDR reprocessing with the belief: "It was my responsibility to prevent it."

Suggest 4 gentle cognitive interweaves categorized by:

1. Educational / Reality testing
2. Somatic focus
3. Perspective shift / Adult to child ego state
4. Responsibility clarification

Provide exact phrasing I can test verbally in session.