EMDR ASSIST

FREE CLINICIAN RESOURCE

FOR EMDR CLINICIANS · NOVEMBER 2026 EDITION

EMDR 2.0 — Titration Worksheet

Set-by-set log of load, vividness, SUD, and dissociation cues with decision rules

A print-ready worksheet for logging one row per BLS set — task and load, vividness, emotionality, SUD, dissociation cues, and the titration decision you took next. Includes rules and a closing checklist.

Use this live, in session.

EMDR Assist turns protocols like this into guided, phase-by-phase session tools — SUD/VoC tracking, scripts and notes in one place.

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- Evidence-based
- Fully referenced
- Reviewed November 2026
- Free to use in practice

Clinical use notice. Educational reference material for EMDRIA-trained clinicians. EMDR 2.0 is a research-supported extension of the standard 8-phase protocol (Shapiro, 2018) and requires prior Basic Training. It does not replace supervision, consultation, or clinical judgement. EMDR Assist is not affiliated with or endorsed by the developers of EMDR 2.0 (de Jongh, Matthijssen and colleagues).

How to use this worksheet

Log one row per set. Rate image vividness and emotionality 0–10 (0 = gone, 10 = full). SUD is 0–10. Dissociation cues: 0 = present + connected, 1 = mild drift, 2 = clear loss of contact — stop and ground.

#	Time	Task & load	Vivid	Emot	SUD	Diss	Decision
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Decision rules

- Vividness or emotionality dropping → hold task; continue.
- Both flat for two sets, image still held → escalate one rung on the Dual-Task Menu.
- Image lost or diss = 1 → de-escalate; shorter set; simpler task.

- Diss = 2 or SUD spikes with no return → stop reprocessing, ground, use Container / Calm Place, close.

Closing checklist

- Two sets at load ≤3 to restore integration.
- Container installation for any unfinished material.
- Calm Place installation; 5-4-3-2-1 grounding.
- Document last SUD / VoC, load ceiling reached, and any titration events.

References

Every clinical claim in this resource is traceable to the sources below. Instruments are public domain or used under their published terms.

1. de Jongh, A., & ten Broeke, E. (2019). *Handboek EMDR*.
2. Matthijssen, S. J. M. A., Brouwers, T., van Roozendaal, C., Vuister, T., & de Jongh, A. (2021). The effect of EMDR versus EMDR 2.0 on emotionality and vividness of aversive memories in a non-clinical sample. *European Journal of Psychotraumatology*, 12(1), 1956793.
3. Shapiro, F. (2018). *EMDR therapy* (3rd ed.). Guilford.