PRODUCT GUIDE

EMDR Assist — Product Guide

What the platform does, how a session runs, and what each plan includes

EMDR Assist is a clinical co-pilot for EMDR therapists — an in-session guide through all eight phases, bilateral stimulation your client can see, and session documentation that writes itself. This guide walks through what the platform does, how it fits a real caseload, and what each plan costs.

Inside this document

- What EMDR Assist is — and what it is not
- The eight-phase guided session, step by step
- Bilateral stimulation, in person and via telehealth
- Target sequence planning and progress tracking
- Specialized protocols: R-TEP and Flash
- AI tools and how they are grounded
- Documentation and PDF reports
- Privacy posture and plans / pricing

For EMDR-trained clinicians · emdrassist.com

Who this is for

EMDR Assist is built for clinicians who have completed EMDRIA-approved (or equivalent) Basic Training. The platform structures and documents the work you are already trained to do — it does not teach or replace training, consultation, or clinical judgement.

1. What EMDR Assist is

Most EMDR tools do one of two things: deliver bilateral stimulation, or store notes. EMDR Assist does the part in between — it sits open beside you during the session and keeps the protocol on screen while you work. Every screen knows which phase you are in, what the next step is, and what script or prompt belongs there.

Three things distinguish it from a generic EHR plus a BLS video:

- **Protocol-native.** The eight phases are the interface, not a note template.
- **Capture as you go.** SUD, VOC, negative and positive cognitions, body scan and channel notes are recorded in the moment, not reconstructed after the hour.
- **Documentation is a by-product.** A structured PDF session report is ready when the session closes, in a form you can attach to your existing record.

What it is not

- Not an EHR — billing, scheduling and intake stay in your existing system.
- Not a training program — it assumes Basic Training.
- Not a client-facing therapy app — the client never has an account.

2. The guided session, phase by phase

You open a client, start a session, and the platform runs the eight-phase structure. You can move freely between phases; nothing forces a linear path, and phases only advance when you say so.

Phase	What the platform gives you
1 · History & treatment planning	Structured history intake, symptom and resource capture, and an AI-assisted first pass at candidate targets you accept one by one
2 · Preparation	Calm/safe place, container and resourcing scripts, window-of-tolerance and dissociation screening prompts, BLS familiarisation
3 · Assessment	Target image, NC/PC, VOC, emotion, body location and baseline SUD captured on one screen with a validity check

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Phase	What the platform gives you
4 · Desensitization	BLS controls in the session header, set-by-set logging, and the same four choices after every set: go with that, return to target, no change, interweave
5 · Installation	PC re-rating, VOC tracking to 7, and installation set logging
6 · Body scan	Guided body scan prompts with residual disturbance capture
7 · Closure	Closure scripts for complete and incomplete sessions, container work, and between-session instructions
8 · Re-evaluation	Prior-session recap, SUD/VOC re-check, and a prompt to update the target sequence plan

Cognitive interweaves

When processing loops or blocks, the interweave library offers responsibility, safety and choice interweaves you can read straight off the screen — with the option to log which one you used against the set.

3. Bilateral stimulation

BLS is launchable from the session header at any point, and also runs standalone with no session attached. Visual, audio and tactile pacing are all supported, with speed, set length and target style under your control.

- **In the room.** Full-screen visual BLS on a second monitor, tablet or TV.
- **Telehealth.** A link-based client screen — the client opens a URL, nothing to install, and your controls drive their screen in real time.
- **Persistent client link.** Each client record carries a stable BLS link you can send once and reuse every session, resettable at any time.
- **EMDR 2.0 mode.** Optional working-memory taxation add-ons — multi-directional movement plus dual-task prompts — for clinicians trained in that extension.

4. Target sequence planning

Targets live in a plan, not a notes field. Past, present and future prongs are held together, so you can see the whole treatment arc and the order you intend to process it in.

- Cluster targets by negative cognition, theme or timeline — with drag-and-drop reordering.
- A persistent processing sequence list under every view; click any target to edit or add detail.
- Three-pronged view showing past / present / future coverage and the gaps in it.

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- AI reassessment that reads completed sessions and proposes new or revised targets for your approval.
- SUD and VOC charts per target across sessions, so progress is visible rather than remembered.

5. Specialized protocols

Beyond the standard protocol, two specialized approaches run as their own guided sessions. Both are gated behind a training acknowledgement, and both produce their own structured report.

Protocol	What the guided session covers
R-TEP (Recent Traumatic Episode Protocol)	Narrative telling, episode scanning, point-of-disturbance processing with free movement between points, re-scanning, and closeout — with points savable to the target sequence plan
Flash Technique	Positive engaging focus setup, blink sets, PEF tracking and disturbance re-rating, with the option to hand off into standard processing

6. AI tools, and how they are grounded

AI in EMDR Assist is a drafting assistant with a clinician always in the loop. Nothing it produces is entered into a client record without your explicit action.

- Draft session summaries and progress notes from what you captured in session.
- Draft preparation and resourcing scripts you can edit before use.
- Target suggestions and cross-session insight — surfaced as suggestions, never auto-applied.
- Prompts are grounded in the standard protocol literature and the platform's own script library.
- Customer content is not used to train models. Full detail: emdrassist.com/ai-methodology

7. Documentation

Every session can be exported as a structured PDF: phase-by-phase capture, SUD/VOC movement, targets touched, interweaves used, closure status and next-session plan. Treatment summaries span multiple sessions, and consultation hours export in an EMDRIA-aligned log format for consultants and consultants-in-training.

8. Privacy posture

EMDR Assist is designed to be useful without collecting client identifiers. Clients can be recorded under initials or a code; no name, date of birth, address or insurance information is required anywhere in the product. Data is encrypted in transit and at rest, access is scoped to your account, and sessions time out on inactivity.

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A plain statement on HIPAA

The platform is built to minimise protected health information by design — it does not ask for client identifiers and works fully without them. Review your own practice's requirements and, where a Business Associate Agreement is needed, contact us before entering identifiers.

9. Plans

Every new account starts with a free 14-day Clinical trial — full access, no card required. At the end of the trial the account moves to Free unless you choose a paid plan. Plans are month to month; yearly billing is available at a discount.

	Free — $0	Pro — $20/mo	Clinical — $50/mo
Best for	Keeping records after a trial	Learning EMDR or a small caseload	Full trauma caseloads, consultants, group practices
Active clients	1	Up to 8	Unlimited
Guided 8-phase sessions	—	All 8 phase guides	All 8 phase guides
BLS tool + client link	Yes	Yes	Yes
Target sequence planning	—	Yes	Yes, with AI reassessment
AI tools	—	Per-session summaries and scripts	Cross-session insights and parts/TSP analysis
R-TEP and Flash	—	—	Yes
PDF session reports	Past reports stay readable	Standard reports	Full reports and treatment summaries
Consultation hour tracking	—	—	Yes
Support	Docs and resources	Email support	Priority support

Nothing is deleted if you move to Free — clients, sessions, plans and notes stay readable. Current pricing: emdrassist.com/pricing

10. Getting started

- **1.** Create an account at emdrassist.com — the 14-day Clinical trial starts immediately, no card.
- **2.** Add one client under initials or a code and send them the BLS link.

- **3.** Run one real session end to end with the phase guide open beside you.
- **4.** Export the PDF report and see whether it saves you the note.

Questions, group practice pricing, or a walkthrough: annie@emdrassist.com · emdrassist.com/watch-demos