


CHRONOLOGICAL TARGETING PLAN
(Practicum Option #3)

Step 1. Identify disturbing incidents along client's life span.

Incidents (timeline)



Past	[age] Present	Future
_____	[]	
_____	[]	
_____	[]	

Step 2. Select the target to be processed.

TARGETING PLAN (to be targeted and processed using standard EMDR procedures: practicum #3)

Chosen Incident: [] Past [] Present [] Future

NC: _____

PC: _____

Step 3. The chosen incident will be targeted during the processing practicum (#3) using the standard EMDR procedures.