

EMDR Aftercare Rise Up Model

- **R – Reflections** – what was the best thing you learned about yourself today and any other reflections
- **I – Information** – what came up after the session regarding thoughts, feelings, images, sensations
- **S – Skills** – what skills do you have and can you use between sessions if needed
- **E – Empathy** – what did you notice about yourself and how did you care about yourself after the session
- **U – Useful** – please list any other useful information or questions that came up after the session
- **P – Personal** – how has your personal life been in relation to sleep, daily living, and engagement with life



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Therapist Information and Guide

Introduction to EMDR and Aftercare

Eye Movement Desensitisation and Reprocessing (EMDR) is a psychotherapeutic approach designed to alleviate the distress associated with traumatic memories and distressing information. EMDR therapy involves eight phases: history taking, preparation, assessment, desensitisation, installation, body scan, closure, and re-evaluation. Central to the process is the use of bilateral stimulation, which can include eye movements, taps, buzzies, auditory tones or any other form of alternating bilateral stimulation.

Aftercare in EMDR therapy can be a useful guiding process for clients to integrate and process the work done during sessions. It can be useful for some clients to maintain stability and continue to make progress between sessions. Traditional aftercare methods often include the use of TICES forms, which document thoughts, images, cognitions, emotions, and sensations experienced by the client. Although this model includes more sections, it is not expected that each client fill in all of the sections, or any after the session. It is there as a guiding framework if a client may find it to be useful if information does arise, or if they would like some framework to understand how to react to challenges and what behaviours may have changed. As we know in EMDR practice, sometimes things may come up in the after-session processing and sometimes they may not, therefore being explicit that it is not an expectation that it be completed if that does not feel natural to the client is important.

Introduction to the RISE UP EMDR Aftercare Model (Spicer, 2023)

Building on the foundation of traditional EMDR aftercare, the RISE UP EMDR Aftercare Model, developed by Spicer (2023), offers a more structured and comprehensive approach. This model emphasizes self-reflection, information processing, skill utilization, empathy, and overall personal well-being. The acronym RISE UP stands for Reflections, Information, Skills, Empathy, Useful, and Personal.

The RISE UP EMDR Aftercare Model offers a comprehensive and structured approach to post-session care in EMDR therapy. By focusing on reflections, information, skills, empathy, useful information, and personal well-being, this model provides a holistic framework that supports clients in their healing journey. It encourages self-awareness, empowers clients with practical tools, and fosters a compassionate and empathetic relationship with oneself. It is important to be guided by your client on the usefulness of this method, and be explicit that filling out all, or any of the sections is not a requirement, expectation, and is there to assist them if they feel it would be of benefit for their post session EMDR aftercare.



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R – Reflections – “what was the best thing you learned about yourself today, understood further or any other reflections?”

Reflections are a critical component of the RISE UP model and this key question which I learned from Dr Sarah Schubert has been a critical part of my EMDR practice both at the end of session, but as an ongoing reflection throughout the EMDR reprocessing journey. This step encourages clients to take a moment to contemplate and articulate what they have learned about themselves during their EMDR session, a question reflective practices foster self-awareness and insight, enabling clients to recognize patterns, behaviors, and thoughts that may influence their healing process.

Best Learnings: Clients are prompted to identify the most significant insight or lesson gained from their session. This might relate to understanding a particular trauma trigger, recognizing a coping mechanism, or acknowledging a strength.

Other Reflections: This space allows clients to explore any additional thoughts or insights that emerged. By documenting these reflections, clients create a personal narrative that supports their therapeutic journey.

I – Information – “what came up after the session regarding thoughts, feelings, images, sensations?”

In the Information section, clients can monitor and record any thoughts, feelings, images, and sensations that arise after their EMDR session. This step is akin to the TICES form but goes beyond by integrating a broader scope of experiences.

Thoughts: Clients note any recurring or intrusive thoughts that surface. These thoughts may be directly related to the trauma processed in the session or could be new insights.

Feelings: Emotions that emerge post-session are documented here. Understanding these emotional responses helps clients and therapists gauge the impact of the session.

Images: Visual representations or flashbacks that come up are recorded. These images can provide valuable information about unresolved aspects of trauma.

Sensations: Physical sensations, whether they are feelings of tension, relaxation, or other bodily responses, are noted. These sensations can be indicative of the body's processing of trauma.



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S – Skills - “what skills do you have, and can you use between sessions if needed?”

The Skills section focuses on empowering clients with tools and techniques to manage their emotions and responses between sessions. This proactive approach ensures that clients have practical strategies to support their well-being.

Existing Skills: Clients are asked to list the skills they already possess. This may include breathing exercises, containment techniques, mindfulness practices, or grounding strategies.

Application of Skills: Clients are encouraged to consider how they can apply these skills in their daily lives, especially when triggered or distressed. This promotes a sense of self-efficacy and resilience.

E – Empathy - what did you notice about yourself and how did you care about yourself after the session

Empathy in the RISE UP model involves cultivating a compassionate and caring attitude towards oneself. This step recognizes the importance of self-love and self-care in the healing process.

Self-Observation: Clients are guided to observe their self-talk and behavior with a lens of empathy. Noticing how they treat themselves after a session can reveal patterns of self-compassion.

Self-Care Practices: This section encourages clients to list the ways they cared for themselves post-session. Whether it's taking a walk, engaging in a hobby, or practicing relaxation techniques, self-care is emphasized as a vital component of recovery.



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U – Useful please list any other useful information or questions that came up after the session

The Useful stage is a catch-all category for any additional information or questions that arose after the session. This ensures that no significant details are overlooked and that clients can communicate their needs and concerns effectively.

Additional Information: Clients can jot down any relevant experiences or insights that don't fit into the other categories. This might include changes in behavior, new triggers identified, or patterns noticed.

Questions: Clients are encouraged to list any questions they have for their therapist. This promotes ongoing dialogue and ensures that clients feel supported and understood.

P – Personal - how has your personal life been in relation to sleep, daily living, and engagement with life

The Personal section examines how the client's personal life has been impacted in terms of sleep, daily living, and engagement with life. This holistic view acknowledges that trauma and its processing can affect various aspects of an individual's life.

Sleep: Clients document their sleep patterns, noting any changes in quality or duration. Sleep is a critical aspect of mental health, and disruptions can indicate areas needing attention.

Daily Living: This includes daily routines, responsibilities, and any difficulties experienced in managing these tasks. Understanding these impacts helps therapists provide targeted support.

Engagement with Life: Clients reflect on their involvement in social activities, hobbies, and overall engagement with life. A decrease in engagement can signal areas where additional support or intervention is needed.

If you have any questions, please feel free to reach out at connect@liamspicer.com.au



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