

# EMDR Practice Test Questions and Answers

## 1. What is the closure phase in EMDR therapy?

- A) To bring up additional traumatic memories for processing
- B) To ensure the patient leaves the session feeling emotionally stable
- C) To focus on creating new negative beliefs about the patient
- D) To discuss the details of the traumatic memories further

## 2. What is the closure phase in EMDR therapy?

- A) To revisit past traumatic events
- B) To provide the patient with coping strategies and ensure emotional stability
- C) To keep processing the trauma in great detail
- D) To conclude therapy without any follow-up

## 3. Why is documentation important in EMDR therapy?

- A) To summarize the patient's emotional responses only
- B) To ensure that therapy is conducted in a legal and ethical manner
- C) To avoid interacting with the patient in future sessions
- D) To focus only on administrative aspects of therapy

## 4. What is the desensitization phase in EMDR therapy?

- A) A phase focused on memory retrieval only
- B) A phase where the therapist helps the patient relive the trauma in detail
- C) A phase involving the use of bilateral stimulation to reduce emotional charge
- D) A phase where the therapist focuses on cognitive restructuring

**Answers: 1-B 2-B 3-B 4-C**

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