

# *Beyond* Power and Control:

A training resource for professionals working with victims and survivors of domestic violence.

## EMDR Checklist for Domestic Violence

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**Does your client have:**

### Basic Needs/Stability

- Stable housing for self and children
- Stable source of food for self and children
- Secure employment or access to necessary resources

### Physical Safety

- Are they still living with their abusive partner
- Are there current threats of bodily harm to self or children
- Is there evidence of their being stalked/followed/monitored
- Are there current threats of harm to pets
- Are there current threats of harm to important objects
- Are there current threats of harm to family/friends

### Psychological Safety

- Are they currently involved in the legal system
- Do they have upcoming court dates
- Have there been recent court orders made or modified (i.e. change in visitation with the children)
- Is there current inappropriate contact or harassment
- Is the abusive partner using the children for power and control

### Safe Attachment Figures

- One or more healthy support people
- Support vs. Abuse from their spiritual/religious group