

CHECK THE FLIGHT PLAN BEFORE PHASES 3-7

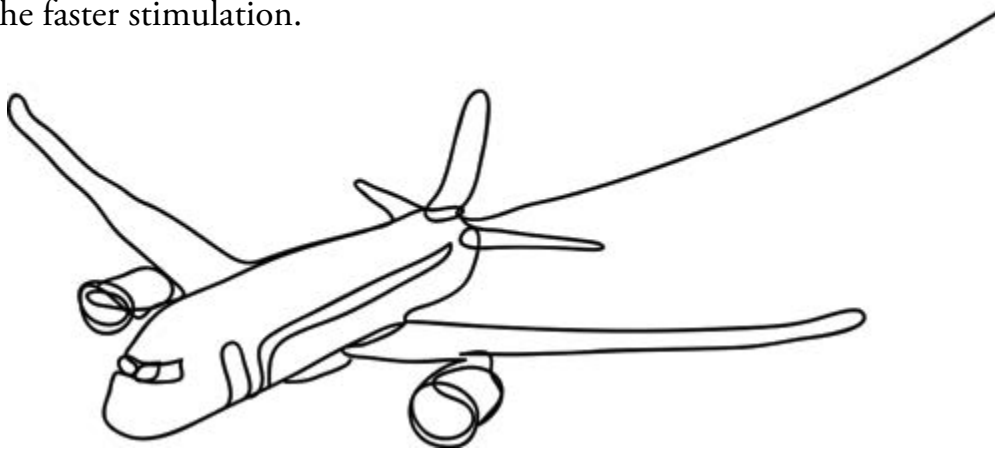
- In general, slower, shorter sets are used for preparation and coming back to stabilization exercises or ending a session. Think of the gas pedal metaphor...slower, shorter sets will slow things down. However, some clients will inevitably find faster sets more grounding and comforting so be prepared to adapt.
- Generally, reprocessing speed is faster and the sets are longer. Your instructors will demonstrate the differences in speed as it is difficult to capture in writing.
- The traditional number suggested in most EMDR Therapy texts and instructional manuals suggest 24-36 passes with the bilateral stimulation as a long set for reprocessing.
- Working out these logistical issues with speed will be part of the EMDR Therapy orientation processed in Phase 2 and being open to feedback from the client's experience in Phases 4-6.

_____ Review at least one of the already strengthened resources from Phase 2 Preparation (e.g., Calm Safe Place, Light Stream, Container); it is not necessary to use any bilateral DAS at this point.

_____ Establish which skill or resource is best to use as a return to safety, grounding or stabilization if client chooses to stop/pause reprocessing or if session is incomplete. Remind client that they are in control of the process and have the right to stop/pause.

_____ Review a stop/pause sign (preferably a physical gesture) for use if needed.

_____ Test out speed of bilateral DAS (**fast and long, i.e., 24-36 passes**) for reprocessing in the client's chosen modality to make sure they can comfortably track or tolerate the faster stimulation.



Proceed to targeting sequence (Phases 3-7) on next page →

Targeting Sequence Based on Shapiro's 8-Phase Protocol (Phases 3-7)

→ **Phase 3: Assessment** (Be sure to check your Flight Plan first)

TARGET (Memory or incident): _____

Image: Looking back on it now, what image represents the worst part of the target memory?

(NOTE: If no image is available or the image doesn't carry much charge, simply have participant notice the target memory or use another sensory channel like sound, smell, taste, touch if that carries more charge)

Negative cognition: When you bring up the image (or incident) now, what is the negative belief about yourself that goes along with it?

(NOTE: Generally, an "I am"/"I am not" statement)

Positive cognition: When you bring up the image (or incident), what would you like to believe about yourself now?

(NOTE: Encourage positive "I am" language instead of an "I am not" statement)

Validity of Cognition (VoC): As you look back on the image (or incident) now, what is your gut-level feeling of how true that positive belief is right now with 1 being completely false and 7 being completely true?

Emotion: What emotions do you feel when you link the image (or incident) with the negative belief of

_____?

Subjective Units of Disturbance (SUDs): What is your level of disturbance as you bring up the image (or incident), the negative belief, and the emotions all together, with 0 being no disturbance or neutral and 10 being the worst you can imagine?

Location of Body Sensation: What are you noticing in your body in this moment as you bring up the image (or incident), the negative belief, and the emotions all together?

→ Phase 4: Desensitization

Bring up the body sensation(s) together with the negative belief of _____ and the image (or incident). Notice whatever you notice as I begin the stimulation...

(FAST eye movements, tones, tactile stimulation)

- Stay out of the way as much as possible, checking in after approximately 24-36 passes of bilateral DAS. After each set, invite a breath, and ask the client, "What are you getting?" or "What are you noticing now?"
- When the client reports on what they are noticing now, continue with the next set of stimulation. Use the statements "Go with that," or "Just notice that" to begin the next set of stimulation.

- You can return to the target memory and ask for a SUDs rating to check in on progress when responses become more adaptive/neutral (typically 3 sets of positive responses). Use a statement, “When you return to the target memory where we began, what are you noticing? If response is not adaptive/neutral, continue fast bilateral DAS and “go with that.” If response is adaptive/neutral ask, “What is your level of disturbance in this moment with 0 being no disturbance or neutral and 10 being the worst you can imagine?” If SUDs anything but 0, ask: “What keeps it from being a 0?” and continue with fast bilateral DAS and “go with that.”
If SUDs 0 or as close as reasonable (ecological 0), move on to Phase 5 if time allows.
If SUDs not a 0 or as close as reasonable (ecological 0) in this session (time is running low), go to Phase 7, Closure (skip Phases 5 & 6).
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→ Phase 5: Installation

- Check the Positive Cognition: “When you bring up the target memory, does the original positive belief of fit, or is there another positive belief that fits better now?”
- Now check the VoC of the arrived upon Positive Cognition: “What is your gut-level feeling of how true that positive belief is right now as you look back on the target memory, with 1 being completely false and 7 being completely true?” If VoC is anything but 7, ask “What keeps it from being a 7 (completely true)?” and continue with fast bilateral DAS, and the statement “go with that.” Once responses become more adaptive/neutral (typically 3 sets of positive responses) ask again “What is your gut-level feeling of how true that positive belief is right now as you look back on the target memory, with 1 being completely false and 7 being completely true?” Continue same procedure until VoC is 7 or as close as reasonable.

- Once VoC is 7 or as close as reasonable (ecological 7), proceed to installation statement:

Place that positive belief of _____ together with the target memory and notice whatever you notice.

- Continue with at least two sets of **FAST** bilateral DAS of adaptive responses checking in between the sets as usual. If material emerges, continue with sets of FAST bilateral DAS until responses become adaptive/neutral again (typically 3 sets of positive responses).

If VoC is *not* a 7 or as close as reasonable (ecological 7) in this session (time is running low), go to Phase 7, Closure (skip Phase 6).

→ Phase 6: Body Scan

Now that the positive belief has been installed, hold together the target memory with the positive belief of _____ and scan your body. What are you noticing?

- If body scan is adaptive or clear, do a set of **FAST** bilateral DAS, saying, “Hold that body scan together with the target memory and the positive belief of _____.”
 - If there are residual disturbances, have the participant notice and continue with **fast sets of bilateral DAS** until body scan is neutralized, then pair the statement “Hold that body scan together with the target memory and the positive belief of _____” with at least one set of **fast bilateral DAS**.
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→ Phase 7: Closure

In the case of incomplete sessions, you may have jumped from Phase 4, 5 or 6 to Phase 7.

In closure you may utilize resources developed in Phase 2: Preparation to quell any residual distress and ensure a safe departure with or without **SLOW** bilateral DAS. You may also engage in a general debriefing about the session, addressing any participant concerns. Apprise what could happen following the session (i.e., processing may continue after session ends), and review a plan for safety, stabilization, and contacting support if needed.

“Greatest Hits List” of Negative & Positive Cognitions

NEGATIVE COGNITIONS

Responsibility

I should have known better
I should have done something
I did something wrong
I am to blame
I cannot be trusted
My best is not good enough

Safety

I cannot trust myself
I cannot trust anyone
I am in danger
I am not safe
I cannot show my emotions

Choice

I am not in control
I have to be perfect/please everyone
I am weak
I am trapped
I have no options

Power

I cannot get what I want
I cannot handle it/stand it
I cannot succeed
I cannot stand up for myself
I cannot let it out
I am powerless/helpless

Value

I am not good enough
I am a bad person/I am terrible
I am permanently damaged
I am defective
I am worthless/inadequate
I am insignificant/I am not important
I deserve to die
I deserve only bad things
I am stupid
I do not belong
I am different
I am a failure
I am ugly/My body is ugly
I am alone

POSITIVE COGNITIONS

Responsibility

I did the best I could
I do the best I can with what I have
I did/do my best
I am blameless/I am not at fault
I can be trusted
I am okay/I do my best

Safety

I can trust myself
I can choose who to trust
I am safe now
I can create my sense of safety
I can show my emotions

Choice

I am in control
I have power now
I can help myself
I have a way out
I have options

Power

I can get what I want
I can handle it
I can succeed
I can stand up for myself
I can let it out
I am powerful

Value

I am good enough
I am a good person
I am restored/ I am sacred
I am whole
I am worthy
I am significant/ I am important
I deserve to live
I deserve only good things
I am smart
I can belong
I am special
I am a success
I am beautiful/My body is sacred
I am supported