

CHECK THE FLIGHT PLAN BEFORE PHASES 3-7

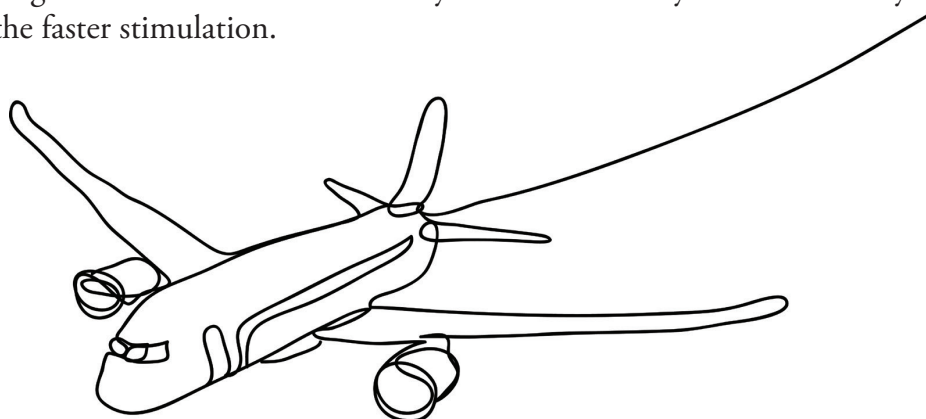
- In general, slower, shorter sets are used for preparation and coming back to stabilization exercises or ending a session. Think of the gas pedal metaphor...slower, shorter sets will slow things down. However, some clients will inevitably find faster sets more grounding and comforting so be prepared 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 →