

EMD Therapy Worksheet

Phase 3: ASSESSMENT

BLS Set-Up and Stop Signal:

Issue for Processing:

Image: *“What picture represents the worst part of the issue?”*

Negative Cognition (NC): *“What words go best with that picture that express your negative belief about yourself now?”*

Positive Cognition (PC): *“When you bring up that picture, what would you like to believe about yourself now?”*

VOC (Validity of Cognition)

“When you think of the picture, how true do those words {repeat the positive cognition} feel to you now on a scale of 1 to 7, where 1 feels completely false and 7 feels completely true?”

1 2 3 4 5 6 7

Emotions

“When you bring up the picture, and the words {repeat the NC}, what emotions do you feel now?”

SUDS (Subjective Units of Disturbance Scale)

“On a scale of 0 to 10, where 0 is no disturbance or neutral, and 10 is the highest disturbance you can imagine, how disturbing does it feel now?”

0 1 2 3 4 5 6 7 8 9 10

Body Sensations: *“Where do you feel it in your body?”*

Phase 4: DESENSITIZATION

“Now, bring up the picture and the words {repeat the NC}, notice the feelings and where you feel it in your body, and just notice.”

Start shortened sets of BLS (15-20) passes, to prevent associations.

After each pass ask:

“What do you notice?”

“Go back to the original experience. How disturbing is it to you now on a scale of 0-10 with 0 being no disturbance and 10 being the worst?”

“Go with that.”

Continue with these 3 questions/statements (checking in, going back to the original experience and getting a SUDS) until SUDS reduces to a 0 or ecological 1. Then move on to Installation.

Phase 5: INSTALLATION

Tell the client: *“We’re now going to move into installation of the positive belief and feelings.”*

Check the Positive Cognition (PC)

“Do the words {repeat the PC} still fit or is there another positive statement that fits better?”

Check the Validity of Cognition (VoC)

“When you bring up the original target, how true do those words {repeat selected PC} feel now on a scale from 1 to 7, where 1 is completely false and 7 completely true?”

1 2 3 4 5 6 7

Installation of the Positive Cognition (PC)

“Now think of the original experience/memory/target and hold it with the positive belief {repeat PC}, and just notice (add sets of BLS).” Same speed and length as used in Desensitization.

Check VoC again until it installs to a 7.

Phase 6: BODY SCAN

“Hold the original experience in mind, and the positive believe (REPEAT PC), scan your entire body from head to toe and let me know of any disturbance.

If disturbance is reported, add BLS to process. Repeat body scan and BLS until body is cleared of disturbance.

Phase 7: CLOSURE

The client should always leave in a state of equilibrium.

Inform your client that time is ending.

Celebrate the work they’ve done.

Avoid verbal processing and talk therapizing the work.

Use any skills the client finds appealing to shift back to the window of tolerance: Containment;

Safe/Calm Place; Mindfulness; an Ally or Resource; Grounding; Breathing

Offer reminders to your client of what to expect:

“Remember that the processing may continue in the next few days including dreams, insights, thoughts, emotions, sensations and memories. This is normal. You can keep a log of things that arise, especially if there are things we might need to target in future sessions. If something disturbing arises, just notice it. Use your skills if you need them and reach out to me if needed.”