

## Phase 8 - Re-Evaluation

### Step One: Check-In

#### *What have you noticed since our last session?*

- Make sure to include it in the treatment plan as appropriate.
  - Dreams
  - Symptoms increase or decrease
  - Any change or new responses
  - New insights or cognitions
  - Resources
  - Triggers
  - Other memories
  - Body Sensations

### Step Two: Reevaluate Desensitization Phase

Reevaluate each target you worked on in your last session starting from past to present. Only reevaluate the targets that were processed previously.

*Think about (repeat the target) that we worked on in the last session. What comes up when you think about it?*

*On a scale of "0 to 10" (SUDS), how disturbing does it feel to you now? \_\_\_\_\_*

- SUDS "0" - Do a set of BLS to be sure that the reprocessing is complete. Then move on to check the positive cognition. If VoC "7", do another set of BLS to be sure that the reprocessing is complete. If it is, move on to the next target.
- SUDS is higher than "0"- Bring the client's attention to the target and continue reprocessing.
- A new memory or NC that is connected to the current issue working on - Add the memory to the treatment plan and continue to process the targets in order until completed.
- New memory or NC arises that isn't a part of the current treatment plan - Take note of it and contain it. Work on new material once completed.
- A current trigger that the client doesn't want to return to complete work from the last session.
  - Assess the importance of this trigger.
  - If it is a critical incident, then work with the incident at hand. You will return to the target when appropriate.
  - If the incident ties into what you are working on, explain to the client that working on completing the target list will help them handle these kinds of triggers in the future.

Explain the importance of finishing one piece of work before moving to another target by using an analogy that will resonate with the client (e.g., slowing down the computer if too many files are open; riding one horse at a time; finishing the bottle of antibiotics even if you feel okay.)

- If the client is unable to connect to the target memory or can't remember what was worked on in the previous session. Do a set of BLS to see if the reprocessing will continue. It may have been processed on its own. If so, move on with the treatment plan.

### **Step Three: Reevaluate Installation Phase**

*Think about (repeat the target) and those words (repeat the selected PC). From "1" completely false, to "7" is completely true, how true do they feel to you now?*

Completely False 1....2....3....4....5....6....7 Completely True

- If VoC "7", do another set of BLS to be sure that the reprocessing is complete
- If VoC is less than "7", Ask: *"What is keeping this from being a '7'?"*
  - Look for associated feelings and sensations, and resume reprocessing until the block feels completely desensitized.
  - Resume with the Installation
  - Do a process PC (for example, "I'm beginning to believe I'm...")

### **Step Four: Reevaluate all Targets**

- Once all the presenting issues have been addressed (PAST, PRESENT, FUTURE), you should see the client's presenting problems resolved, their symptoms reduced, or alleviated.
- The next step is to go back to the client's target plan and retake the SUDS to see what has changed.