

Phase 3 - Assessment

Proceed with Phase 3 when the client is able to immediately move to Phase 4.

Set-Up:

- Grounding objects:
- Proxemics
- Which Type of BLS: _____
- Establish stop signal: _____
- Explanation of what to expect:

Remember, you may experience images, thoughts, feelings, or body sensations. Just notice them and be aware of your process. When we stop and check in, I just need a few words describing what you are noticing or experiencing. We want to keep it short, as talking too much about your process can get you out of it. Remember, you have a stop signal and I'm right here with you.

Target: _____

Picture: *What picture represents the **worst part** of that experience to you?*

N/C: *When you think of that picture, what negative beliefs do you have about yourself **now**?*

P/C: *When you think of that picture, what would you like to believe about yourself instead?*

VoC: *When you think of the picture, how true does (repeat the PC) feel to you now on a scale of 1 to 7 where 1 feels completely false and 7 feels completely true*

Emotions: *When you think of that **picture** and those words (repeat the N/C), what emotions do you feel now?*

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

Body: *Where do you feel the disturbance in your body?*

Phase 4 Desensitization (fast sets 30-45 seconds)

Begin: *I'd like you to bring up that picture (repeat the picture, the negative belief about yourself (repeat the NC, all the emotions and where you feel it in your body - let me know when you have it all and we will start the BLS*

Begin the chosen form of BLS approx 20-30 sets (modify as appropriate).

End of set check in: (Stop BLS) *Take a deep breath, what do you notice now?*

Listen for what client reports then: *Go with that/notice that*

Processing until the End of Channel: Continue processing until the client reports **2-3** consecutive sets of neutral or positive material.

Return to the Target: If the client reports something positive or neutral, go back to the target: *When you go back to the (repeat the target) what do you notice now?*

- If the client reports something disturbing on the target say: *Go with that.*
- If the client reports nothing disturbing on the target, **take a SUDS and say:** *On a scale of 0 to 10, how disturbing does the incident (target) feel now?*
 - ◆ If SUDS is **greater than 0:**
 - Continue reprocessing until you are at the end of the new channel. Keep going back to the target (squeeze the lemon) until the suds become a 0.
 - ◆ If SUDS is **a 0**, then do one more set to check for any new material: *Let's do one more set of BLS to see if anything arises.*

Once Target is Processed, move to Phase 5 Installation.

Phase 5 Installation (sets 30-45 seconds)

Check PC: *Think about (repeat the target) and the words (repeat the PC) do they still fit, or is there another positive statement that feels better?*

Correct PC: _____

VoC: *Think about the (repeat the target) and those words (repeat selected PC) from 1 -completely false to 7 - completely true, how true do they feel now to you? _____*

BLS (fast and long sets): *Think of (repeat the target) and those words (repeat the PC) and let that feeling grow from head to toe as we add some BLS. Let your body reflect what you are feeling.*

Check-In: *What do you notice now?*

Note: If this is VoC 5-7, do BLS to strengthen (keep it going until it stops growing). Go on to Phase 6 Body Scan. If the VoC is not reaching 7 - ask: *What is keeping it from being a 7?* You may need to change the PC to a process PC "I'm beginning to believe..." or desensitize the block and come back to Installation.

Phase 6 Body Scan (Only do if you have a SUDS 0 and VoC 7)

Say: *Keep your eyes open or closed and bring up (repeat the target) and the positive statement (repeat the PC) and mentally scan your entire body. Are there any lingering body sensations?*

- If the client reports uncomfortable physical sensations, do sets of BLS until the sensations have been processed.
- If new material arises, follow the channels or if there are time constraints, have the client use their Container and Safe Calm Place.

Phase 7 - Depending on Time, Choose A or B

A. If you have completed the phases 3-6 on your first target (suds 0 and VoC 7)

1. Proceed to the next target in your target sequence plan
2. Repeat Assessment, Desensitization, Installation, Body Scan (ADIB) on each target
3. Complete all Past and Present targets then proceed to the future template

B. If you are still in desensitization (suds higher than 0) then

1. **Give Warning:** *I am aware that we are almost out of time and we will need to stop soon. When you go back to the (repeat the target) what do you get now? On a scale of 0 to 10, how disturbing is this to you now?*
2. **Select a Stabilization Technique**
 - a. **Golden Nugget/New Truth:** *Is there anything positive that you learned today that you could embody and take from our session? If yes, add short sets of BLS 3 to 5 times for 8-15 seconds*
 - b. **Containment:** *Put whatever is still disturbing into your (repeat the container) and get all the yuck sealed up. Let me know when you have completed this.*
 - c. **Safe / Calm Place:** *Now go to your (repeat word for safe/calm place, let me know when you are there (add BLS 3 to 5 x for 8-15 seconds).*
 - d. **Grounding** - *You have done some good work and I appreciate the effort you have made. How grounded do you feel now?*
3. **Closure statement:** *The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories or dreams. If so, take a mental snapshot of what you are seeing, feeling, thinking, and any triggers, write it in a log, and then put it in your container and use your Safe / Calm place. Bring whatever you have noticed to our next session, so we can continue working on this material. Be aware that you may be more sensitive to light, sound, touch, and taste so be gentle and rest.*

Phase 8 - Re-Evaluation (Incomplete Target)

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 - add to treatment plan
- Other memories
- Body Sensations

Unless earlier material has emerged, just confirm the client is ready to continue reprocessing and then return to the incomplete target.

Begin Reprocessing

When you bring your attention back to the experience we were working on in our last session, what do you notice now?

- *What image represents the worst part*
- *What emotions do you notice now*
- *What body sensations do you notice now*
- *Focus on that and notice what happens next.*

Continue processing until the client reports 2-3 consecutive sets of neutral or positive material then return to target.

Return to Target: *Go back to the original experience/target. What do you notice now?*

Wait for the response Then say *Go With That*

Check SUDS: If the client reports ambiguous, neutral, or positive associations on the target, **check the SUDS**

- If SUDS is more than 1, keep processing with sets of BLS. You May ask, "*What's in the 1?*" or *What keeps it from being a zero?*

Continue processing for anything above a 0 or an ecological 1 *Go With That*

Once Target is fully processed **move to Phases 5-7.**

Phase 8 - Re-Evaluation Complete Target

Check-In

How did you do after our EMDR session?

What have you noticed since our last session?

Has anything changed since our last session?

Any new insights since we addressed that target?

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

Re-Evaluate the Completed Target that reached a SUDS 0, VoC7 and a clear body scan.

When you bring up the original experience now, on a scale of 0-10 with 10 being neutral or no disturbance and 10 being the highest disturbance, where is it now?

- If the SUDS has increased, go to re-evaluation of incomplete targets and begin reprocessing.
- If the SUDS is still a 0, focus on a new target in the past prong or start a target on the present prong OR focus on a resourcing technique.