

Participant Name: \_\_\_\_\_

# EMDR Training Practice Packet

An EMDRIA-Approved  
EMDR Therapy Basic Training

*It's All About Choices*

developed by

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# Practice Session 1

## Phase 2 Preparation & 1 History

### Instructions

- Make sure your names are on your practicum packet worksheets
- Due to the nature of the training situation, you will have to “assume” a certain amount of a therapeutic alliance and relationship
- Client – to maintain your confidentiality, give your packet to your partner
  - Choose a focus for EMDR processing appropriate for the training setting & experience
    - Start with something that is about a 4 or 5 SUD
      - It may be the anxiety you feel about doing the practicum or using EMDR with your clients for the first time
      - It may be something that will contribute to your personal growth
      - It may be anything else you choose that feels appropriate
    - We want you AND your clinician to have a genuine EMDR processing experience without you tapping into material that would be too over-whelming and hamper your overall learning experience
    - Should insights develop as a result of the history-taking that would indicate something inappropriate for processing during the training, after discussing it with your facilitator, you may shift the clinical focus of your processing
- Clinician
  - Establish rapport and therapeutic relationship for this setting
  - Briefly identify client’s chosen clinical focus for the training
  - Create Container and Happy Place resources to be used during the weekend
    - Try all forms of BLS because different people respond differently
  - Complete brief trauma-focused history appropriate for the training
    - There is a script to guide you, but feel free to adapt it to your style
    - Begin with direct questioning and use a float back or affect scan to see if you are able to stimulate implicit memories that relate to the chosen focus
  - Complete the target plan
    - This plan will guide your personal work during the practice sessions
    - You will have opportunity to process several of the disturbing memories / experiences
    - Have your facilitator review the target plan
  - Make sure the client is grounded and positively present before ending the session
- Rotate roles
- Process / debrief with your facilitator

## The Basics

***Given what we've learned this morning, is there anything I should be aware of as we start working together?*** [Double check on any medical concerns (eye issues, seizures, cardiac concerns, etc), acute life stressors, or any history of “disconnecting” or “numbing out.” If any of these are present, check with your facilitator.]

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***Before we start, let's get comfortable with our seating positions and the form of BLS you would like to use today.***

- Ships passing seating
- Distance from client's body and face (as close as is comfortable for the client is best)
- Identify client's most comfortable / relaxing type of BLS (form and speed) for creating Phase 2 resources

***Given the training situation and that you have to go back and live your life at the end of the training, if there were one bothersome thing you'd like to focus on during this training that you'd be willing to process and / or would give you the most relief, what would that be?***

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## Directions for Use of Container and Happy Place

These are two affect management tools that can be very useful for clients to have and a great way to introduce them to the power of bilateral stimulation (BLS).

Before the client gets too far into history, make sure s/he has an experiential understanding of the effects of BLS. This is a script you may choose to use...

***Before we go any farther into your history, I'm going to help you create a couple of useful tools or resources that I call a Happy Place and a Container. I like to do this with all my clients for three reasons:***

***1) it's a nice way to learn how your brain is going to respond to a bilateral signal — something that goes back and forth, side to side;*** [you can go into listing the various ways you can do that — fingers, lights, music, beeps, buzzies, taps, balls, etc]

***2) it will give you a way to handle the bothersome things that can happen in the outside world so they don't add more yuck to your pile; and***

***3) if something gets too big while we're processing yucky stuff in here, you can say "Time out!" and use these tools to help you. Are you game?***

***First, we create the Container. That way, we can put the yuck away first and don't have to be as concerned that it will contaminate the creation of the Happy Place. Once the Container is in place, we create the Happy Place.***

## **Constructing A Container** (adapted from Landry Wildwind)

*I'd like you to develop a container that will help you manage some of the icky feelings and memories you may have. There are three characteristics that can be useful: 1) the container should be big enough on the inside and strong enough to hold whatever you put into it, with the exception of real people with whom you will have contact; 2) it should also have a way for you to send things into it and take things out without any of the other ick or yuck that is already inside escaping; and 3) the inside of the container should be comfortable enough that whatever you put into it will be willing to stay until you are ready to work with it."*

**Activate the sensory elements with a description:** *Take a moment to think about what your container will look like. [pause] There is no right answer. [pause] What do you get?*

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**Emotions and Sensations:** *Imagine how it would feel if you knew your container could hold your troublesome feelings and memories. [slow, short (4-8) round trips of BLS = set]*

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**Enhancing:** *Focus on your container and those good feelings. [slow, short BLS] What do you notice now?* [repeat and enhance if positive] \_\_\_\_\_

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**Cue Word:** *What do you want to call your container?* \_\_\_\_\_  
*Think of that word and the good things you're feeling and tap with me. [slow, short BLS]*

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**Putting problems away:** *Now I want you to send all the bothersome, icky, yucky things into the container. I don't want you to list them, count them, or think of them, I just want you to put it all in there like you put dirty clothes in the laundry (or toys in your toy box). Let me know when it's all put away [pause] What does that feel like knowing it's all in there and you don't have to carry it around with you?* \_\_\_\_\_

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[if positive, slow, short BLS to enhance]

**Test it:** *Now I want you to take one little thing out [1-2 on the SUD scale] and notice what that feels like. [pause] Now put it back in your container and notice what that feels like. [if positive, slow, short BLS to enhance]. Want to try it again, or do you have the hang of it?*

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*Now, we will create a Happy Place you can go to in your head where you feel calm, relaxed, peaceful, protected, safe, secure, or whatever works for you [use any descriptor that is appropriate for your client], someplace you can feel 'aaahhh'. Once you've done that, I'll teach you how to put them together.*

## Developing and Enhancing a Happy / Calm / Safe / Special / Secure Place

*There are three guidelines: 1) I prefer it be somewhere in nature, because nature has a grounding effect; 2) There are no other people or pets there because there's never been a relationship that hasn't had some yuck associated with it at some point; and 3) It is imaginal — the absolute perfect place for you. What image represents your place? Tell me about it."* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Emotions and Sensations:** *As you think of that happy place, what emotions are you feeling? What sensations are you noticing in your body?* \_\_\_\_\_  
\_\_\_\_\_

**Enhancement:** *Focus on your happy place — its sights, sounds, smells, and the good feelings. Tell me more about what you are experiencing.* \_\_\_\_\_  
\_\_\_\_\_

**BLS:** *Bring up the image of this place. Focus on where you feel the good things in your body and let yourself enjoy them. Focus on that and tap with me.* [slow, short (4-8) round trips of BLS = set] *What are you noticing now?* \_\_\_\_\_  
\_\_\_\_\_

**If positive:** *Focus on that.* [slow, short BLS] *What are you noticing now?* \_\_\_\_\_  
\_\_\_\_\_

If the positive experience continues to expand, time permitting, you may choose to repeat the above to enhance and strengthen the adaptive network you are creating, particularly in clients who are poorly resourced

**If negative:** Redirect to identify another calm place or consider some other self-soothing strategy such as a container, mindfulness, or a breathing exercise. Ask the client to put any yuck into their container

**Cue Word:** *What would you like to call your special place?* \_\_\_\_\_  
*Think of* [repeat the cue word] *and notice the good things you feel you when you think of it. Concentrate on those feelings and* [the word/phrase] \_\_\_\_\_ *and follow the BLS* [slow, short BLS].

*What are you feeling /noticing now?* \_\_\_\_\_

**Self-Cuing:** *Now I'd like you to say that word* \_\_\_\_\_ *and notice how you feel.* \_\_\_\_\_

**Cuing with Disturbance:** *Now imagine a minor annoyance* [SUD 1-2] *and notice how you feel. Bring up* [the cue word] *and notice what happens. What did you notice?* \_\_\_\_\_

**Self-Cuing with Disturbance:** *I'd like you to think of another mildly annoying incident* [SUD 2-3], *notice how you feel, then bring up* [cue word] *by yourself, especially noticing your body when you focus on your cue word.* \_\_\_\_\_

*Next, we put them together. Now, I'm going to teach you how to use these together, for an even more powerful effect. First, I want you to take a little something out of your container, just a minor annoyance, like a 1 or a 2 and notice what that feels like to have it out.*

[sometimes you will need to give them an example] [pause for the response – this is an excellent opportunity to begin to teach them body awareness if they have used dissociation as a dysfunctional coping tool]

*Now, send it back into your container and notice what THAT feels like.* [Pause for response]

**If positive:** you may choose to resource it with a slow, short set of BLS – 4-8 round trips

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*Now, take yourself to your Happy Place* [or the name they gave it] *and notice what THAT feels like.* [Pause for response.] \_\_\_\_\_

**If positive:** you may choose to resource it with slow, short set of BLS \_\_\_\_\_

*Would you like to practice it again before we apply it?* [If yes, repeat, if no, move to Rescript & Rehearse]

**Rescript:** *Now that you have these helpful tools, let's apply them to your life. Think of a time in the last week or two where it would have been helpful to have them.* [pause] *Now I want you to run a movie and see yourself using your Container and Happy Place.* [Pause for response]

**If positive:** you may choose to resource it with slow, short set of BLS

*Would you like to do it again with another one?* [Pause for response.] If “yes,” repeat

**If positive:** you may choose to resource it with slow, short set of BLS

If “no,” move on to Rehearse

**Rehearse:** *Now you have the tools and know how to use them. Let's rehearse how you will use them in the future. Imagine a time or situation in the next week where it would be helpful to use them.* [Pause for response] *Run the movie / imagine it and see yourself using them and let me know what you think.* [Pause for response]

**If positive:** you may choose to resource it with slow, short set of BLS

*Would you like to do it again with another one?* [Pause for response] If “yes,” repeat

**If positive:** you may choose to resource it with slow short set of BLS

If “no,” move on to Practice

**Practice:** *You've done a great job with this. We know that 'practice makes perfect,' so I'd like for you to practice using your Container and Happy Place several times a day, whether you need them or not, so that when you do, it will be much easier than if you only use them in here. When you come back, we'll check and see how it went. Sometimes they will work — great! Sometimes they might not work — if they don't, we'll figure out what could have and create THAT tool to add to your tool box. Sometimes, you'll forget to use them — that's why I want you to practice using them when you don't need to, so you won't be as likely to forget. Okay? Any questions?*

## History-Taking & Target / Treatment Plan

**Explanation:** *When icky things happen that are too overwhelming for our brains to handle at the time, the memory gets stuck in what we call “state memory.” All the things we experienced with our five senses – sights, sounds, smells, tastes and physical feelings the body had at the time – plus the thoughts, emotions, and body sensations, are stored in unhealthy ways in our brains and bodies. When something comes along that reminds our brain and body of what happened, whether WE remember it or not, all that old stuff gets stirred up, plus what just triggered it, and then THAT gets stored in the same way, making the problem worse.*

*When we are in a place of safety and security and use EMDR with side-to-side eye movements, sounds, and/or taps, the brain starts to think about things differently and lets go of things that are disturbing and holds onto the positive things that help us be healthier, happier and stronger. All you need to do is be curious and occasionally give me brief feedback about what you’re experiencing in that moment. It can be a thought, emotion, body sensation, memory, sound, smell, picture... whatever comes up in your awareness. If it ever gets to be too much and you need to take a break, don’t forget you have your time out signal. We just created your Container and Happy Place as tools to help you through this process.*

*Before we begin to focus on your concern, I’d like you to tell me a little about some of your favorite memories / positive experiences from childhood that we could use as resources.*

**Positive Experiences**

**Age**

_____	_____
_____	_____
_____	_____
_____	_____

**What we’re going to work on today**

*You initially said you’d like to focus on \_\_\_\_\_ during this training. As we’ve been building your resource tools, has that evolved or is it the same? [pause] Tell me more about it. \_\_\_\_\_*

*What is a recent example of a time when this bothered you? \_\_\_\_\_*

*What are other recent experiences when you were triggered? \_\_\_\_\_*

*As you focus on it, what is the worst part of it for you? Notice any pictures (or other sensory elements – sounds, smells, tastes, physical touch) that are associated with it. \_\_\_\_\_*

*What are the emotions you are feeling as you think of it?* \_\_\_\_\_

*Notice what you are feeling in your body* (body sensations) *as you focus on it?* \_\_\_\_\_

*What is / are the negative thought(s) or belief(s) that you're having about yourself as you're thinking about it?* \_\_\_\_\_

**Float back / Affect Scan:** *As you focus on all of this, ask your body and brain to take you back to earlier times when you had similar experiences – when you felt like this – to the time before, and the time before, to your earliest awareness...*

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**Past Experiences**

**Age**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Present Triggers** *Are there other people, places, things, or situations that bring up all this yuck?* \_\_\_\_\_

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**Future Template** *How would you like to see yourself handling these triggers in the future?*

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Clinician – clarify the NC/PC and make sure it fits each target / incident / experience identified above.



**Possible Negative Beliefs / Cognitions** \_\_\_\_\_

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**Potential Preferred Positive Belief** \_\_\_\_\_

\_\_\_\_\_

**Tentative target for first processing session** \_\_\_\_\_

**Closing Cue Words: Container** \_\_\_\_\_ **Happy Place** \_\_\_\_\_

## Practice Session 2

### Instructions

- Client – to maintain your confidentiality, give your packet to your partner
  - Be the client! Let your clinician and facilitator do the heavy lifting 😊
- Clinician
  - Orient seating and be ready to begin processing following review
  - Review Target Plan with client. Discuss any needed adjustments or modifications
  - Agree on the target for processing
  - Develop a resource for the client to use during processing (if necessary)
  - Recalibrate / Reset / Clear Emotional Circuits
  - Flash Technique on disturbing experience (may be different from target for processing)
  - There are scripts to guide you, but feel free to adapt it to your style
    - Remember, you can modify type and speed of BLS and length of set to make the processing “easier” for your client
      - Different people respond differently to various forms of BLS.
        - Use the form of BLS that works best for your client (s/he can tolerate) (visual, tactile, auditory)
      - You may or may not have a complete session (0/7/clear) but regardless of where you are, be sure to close the session down with a debrief, between session instructions, and state change exercise
    - Make notes
  - Rotate roles
  - Process / debrief with your facilitator

## Resource Enhancement

(adapted from R. Kiessling's Extended Resourcing and Korn & Leeds, Resource Development Installation [RDI], 2001)

*Before we get into your history, I'd like to help you identify and expand a resource that you can use to help you process what you'll be working on. As you think about processing this weekend, what skill or resource would help you do that more effectively? It might be a feeling or experience, like confidence, courage, or determination. It might be a positive role model, a super hero, a totem animal or spirit guide like an angel. It could even be an adaptive behavior... What would it be?* \_\_\_\_\_

*What would it feel like?* \_\_\_\_\_

**Experience of the resource:** *Can you remember a time when you've felt that way?*

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**Image:** *What image represents the experience?* \_\_\_\_\_

**Emotions and Sensations:** *As you think [name the resource], notice what you see and hear, ... the emotions are you feeling, ... and the sensations are you noticing in your body and tell me about them.* \_\_\_\_\_

**Enhancement:** *Focus on the positive experience — the sights, sounds, smells, and good feelings that come with it. Notice what you are feeling in your body ... Intensify it, magnify it, get as connected with it as you can. What are you noticing now?* \_\_\_\_\_

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**BLS:** *Bring up the image of [name the resource]. Focus on where you feel the good things in your body and let yourself enjoy them. Focus on that and tap with me.* [slow, short (4-8) round trips of BLS = set]

*What are you noticing now?* \_\_\_\_\_

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**If positive:** *Focus on that.* [slow, short BLS] *What are you noticing now?* \_\_\_\_\_

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If the positive experience continues to expand, time permitting, you may choose to repeat the above to enhance and strengthen the adaptive network you are creating, particularly in clients who are poorly resourced

**If negative:** Redirect to identify another experience associated with the resource, consider some other resource strategy such as a container, mindfulness, or a breathing exercise. Ask the client to put any yuck into their container

**Cue Word:** *What word or phrase best represents [name the resource]?* \_\_\_\_\_

*Think of [repeat the cue word] and notice the good things you feel you when you think of it.*

**Concentrate on those feelings and** [the word/phrase] \_\_\_\_\_ **and follow the BLS** [resourcing BLS]. **What are you feeling /noticing now?** \_\_\_\_\_

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[Use sets of resourcing BLS as long as the positive is strengthening]. \_\_\_\_\_

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**Self-Cuing:** *Now I'd like you to say that word* \_\_\_\_\_ *and notice how you feel.* \_\_\_\_\_

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**Cuing with Disturbance:** *Now imagine the challenge you might experience during processing and notice how you feel. Bring up* [the cue word] *and notice what happens. What did you notice?* \_\_\_\_\_

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**Self-Cuing with Disturbance:** *Imagine that processing challenge again, notice how you feel, then bring up* [cue word] *by yourself, especially noticing your body when you focus on your cue word.* \_\_\_\_\_

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**Rehearse:** *Now you have a tool to help you continue to process if things get tough. Let's rehearse how you will use it in session. Imagine getting to a tough point in processing where it would be helpful to use* [name the resource]. **Run the movie and see yourself using** [name the resource] **and let me know what you think.** [Pause for response]

**If positive:** you may choose to resource it with slow, short set of BLS

**Resource Tapping** (resource options pg 37 & 38 in Manual)

1. *Close your eyes and go inside. Bring your attention to a quiet, still place inside yourself.*
2. *quality, an experience, an important person or an animal.*
3. *Imagine the resource as well as you can.*
4. *Take all the time you need to enhance this information and develop the resource.*
5. *When you have a strong sense of the resource, begin to tap on your knees back and forth, or tap your feet on the floor like you're walking.*
6. *Tap as long as it feels positive. If other memories or resources come to mind that feel good, you can tap them in too.*

- Options include:

- Nurturing figures (real or imaginary)
- Protector figures (real or imaginary)
- Circle of Protection / Circle of Support / Wheel of resources using ALL resources
- Inner Wisdom figures
- Resources for Attachment Repair
- Resources for Different Attachment Styles
- Empowerment experiences, etc

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## RECALIBRATING / RESETTING / CLEARING EMOTIONAL CIRCUITS

*Before we get too far into your history or processing, let's make sure your emotions are operating at maximum efficiency and you're able to feel the emotions without becoming overwhelmed. We are hard-wired to feel emotions and research shows that those experiences are encoded in our brains from six months in utero and that basic brain development continues to about age 25. Along the way, we have experiences that can influence the development of those emotional circuits and how we react to emotional triggers. Some people learn to shut down or disconnect from emotions for survival, others learned that it's not okay to feel feelings, and others may become so overwhelmed by them that they go numb. The end result is that some people may feel shame for feeling any of their emotions. We now know how important it is to be able to feel and express our feelings, hence the recalibration.*

*Let's start by putting all the feelings in your container and remind yourself that "It's okay to feel safe when I am safe and nothing bad is happening." We'll take one emotion at a time and all you need to do is notice what the feeling looks like and watch with curiosity. For some people it's easier to imagine a picture on the wall with a label naming the emotion and see what the picture is in the frame. Once we start the BLS, as long as the picture is changing, we'll keep going. When the picture stops changing, let me know what you see and we'll start the BLS again. We'll continue this way until the picture stops changing completely. The picture may become positive, neutral, or just stops changing. Once it stops, we'll go on to the next emotion. If you start to feel any of the emotions, let me know and I'll have you put them in the container so you are just focusing on the picture that represents the emotion.*

Protective, Life-Preserving 10 > 0	Life-Enhancing, Regenerating, Connective 0 > 10
<b>SHAME</b> → remorse → guilt → regret	<b>PRIDE</b> satisfied → pleased → proud → arrogant
Compassion → pity → sorry for self/other → hurt/empathy → compassion	appreciative → thankful → beholden → Gratitude
Disgust → loathing → abhorrence → revulsion → repugnance → disgust → distaste → aversion → disdain → dislike	pleasure → enjoyment → joy
<b>FEAR</b> → terror → horror → panic → desperation → fear → dread → anxiety → nervousness → trepidation → worry → concern	<b>SEEKING / CURIOSITY</b> → interest → anticipation → excitement
<b>RAGE</b> → fury → vengefulness → bitterness → argumentativeness → resentment → exasperation → frustration → irritation → annoyance	<b>LUST / LOVE</b> → like → love → in love
<b>SADNESS</b> → anguish → sorrow → grief → despair → misery → hopelessness → helplessness → resignation → distraught → discouragement → disappointment	<b>CARE</b> → concern for → care for → connected
	<b>PLAY</b> → what a child does best

PROBLEM	SOLUTION
The client sees no image.	Usually trying too hard. Remind him/her to just allow the image to be there. <b><i>I'll read what this emotion does and then tell me what picture comes to mind that represents the emotion.</i></b>
The image doesn't stop changing or become neutral.	Go to the next emotion and come back to this one later. Go through them as many times as necessary until the essence becomes neutral (or positive) and stops changing / developing.
S/he may have made many connections.	Periodically check in on the emotion. <b><i>What does _____ look like now?</i></b> Continue processing until it stops changing.
S/he can't observe from a distance and slides into felt sense of the emotion.	Teach the difference between being IN an emotion and looking AT an emotion. If s/he still slide into feeling the emotion, s/he may need to reset safety systems. <b><i>What does flight look like? Flight? Freeze?</i></b>
They still can't observe an emotion from a distance instead of feeling it.	S/he may need more work using ego state or somatic resourcing interventions before they can recalibrate.

## Protective, Life-Preserving E→Motions

### Guilt / Shame

Healthy shame protects us from doing harm. The feeling tells us we've made a mistake. If we let ourselves feel the guilt, shame, remorse, or regret, it will register in our system and we simply won't do what we did again. Instead, we'll correct the mistake if we can. If we don't allow ourselves to feel it fully, we'll keep feeling bad, *and* we'll either continue to make the same mistake or over correct for it and make other mistakes. If we feel *too* much shame though, thinking "I'm bad" instead of "my behavior was bad," we'll either try to be *too* good, do things that prove we are bad, or use addictions to keep the bad feelings away. The words we use to describe the intensity of shameful feelings are:

10 shame remorse guilt regret 0

### Compassion

When something harmful happens and we didn't do anything to make it happen, we need to feel sorry for ourselves and others. As soon as we let ourselves feel how much it hurt us, we'll get busy doing whatever we can to make things better. Even though people say, "Don't feel sorry for yourself," it really *is* necessary. If we don't, the feelings won't go away and we won't learn what we can do to protect ourselves and others from harm. The feeling will keep trying to let us know something hurt and it wasn't fair! *Remember, feelings only stay if we push them away.*

10 self/other-pity sorry for yourself or others hurt/empathy compassion 0

### DISGUST

When something feels disgusting, we just want to spit it out and get away from it, like our body does if we eat something that's rotten or poisonous. We might say, "That's sick," or "He's sick." We feel like this when someone does something that's *not okay*, that seems kind of rotten, not anything we want to be around. This is a feeling we don't want to ignore. If we don't pay attention to it and keep hanging around someone or something that's disgusting, we'll become more like they are and people will start feeling that way around us.

10 loathing abhorrence revulsion repugnance disgust distaste aversion disdain dislike 0

### FEAR

Fear protects us by letting us know danger is present and giving us the energy to respond in whatever way is best at the time, from freezing in place, to confronting the threat, to getting away (flight) as quickly as possible. Concern or worry push us to make whatever precautions are necessary to keep us safe in the future. Fear not only calls attention to immediate physical danger, but to anything that might hurt us emotionally, such as loss of an important relationship. Fearful feelings vary from concern to terror.

10 terror horror panic desperation fear dread anxiety nervousness trepidation worry concern 0

### ANGER

We have anger to protect us from being harmed or hurt. It provides a burst of energy to fight back when we need to defend ourselves (or others) from threat to our well-being, or to fight *for* something that's important to us. Once we've felt angry feelings and released the energy physically, verbally, or safely in our imaginations, we don't feel angry any more. We just take firm action if that's possible. If nothing can be done, we accept it, instead of gritting our teeth and trying to tolerate the problem. Anger below a 5 rejects behavior; above 5 though, the person we're angry at feels rejected and can't look at their behavior, so we need to first *imagine* releasing it, unless verbal or physical protection is actually necessary.

10 rage fury vengefulness bitterness argumentativeness resentment exasperation frustration irritation annoyance 0

### SADNESS

Sad feelings let us know we've lost someone or something important to us. The more important they were, the stronger the sadness is. Our body learned they were part of our lives and it hurts to break the automatic connections between our bodies and our brains. Tears carry the hurt away, then we remember the good times we had together. If we feel the sadness each time we lose someone or something, we'll know that can happen and won't hold back our love. We'll make sure we really love, enjoy and appreciate our friends, family and pets while we have them, knowing that someday they won't be with us. Jaak Panksepp calls it PANIC because we can't survive unless someone takes care of us and we don't ever do well alone.

10 anguish sorrow grief despair misery hopeless helpless resignation distraught discouragement disappointment 0



## Life-Enhancing, Regenerating, Connective E→Motions

### Pride

When we do something that takes a lot of effort and turns out well, we need to feel proud of ourselves! We don't want to skip proud feelings because they give us the energy to use our talents, skills and knowledge to make ourselves and our world better. Of course we don't want to just sit around and say how wonderful we are, but we don't need to worry about that happening. When we feel our feelings, they go away. The gas in a car gets used up while we're driving. If we fill up again, we can go even farther! Proud feelings fill us with energy so we can do even better and if what we did was the best it could be, we'll find other things to work on.

0                      satisfied                      pleased                      proud                      arrogant                      10

### Gratitude

When something good happens to us that we weren't responsible for, we feel appreciation. Someone might say something nice about our talents or looks that we're just lucky to have, or they might give us a gift for our birthday or a holiday. We feel it when we get to see something beautiful like a sunset or go somewhere on a vacation, get to do something we like to do, or eat something we like because someone else made that happen for us. We feel it when we see others who don't have what we have or aren't as fortunate as we are.

0                                      appreciative                                      thankful                                      beholden                      10

### ENJOYMENT

Enjoyment calls our attention to experiences that are pleasurable in and of themselves. When we enjoy something, we take in energy and regenerate our minds, bodies and spirits. Beautiful sights, wonderful sounds, delicious tastes, pleasant touch and delightful smells attract us to pleasing experiences. The pleasurable feelings help us remember those experiences and make us want to do them again. They're even more enjoyable when shared with others.

0 amusement pleasure enjoyment rejoicing compassion/joy relief peace pride wonder excitement ecstasy 10

### Curiosity / SEEKING

When our bodies and minds are working the way they were made to, we love to learn! In fact, we *need* to have a healthy balance between sameness (predictability) and new experiences. Recent brain research has shown that our brains make new cells (actually grow) whenever our environment is stimulating, which can be thinking, feeling, seeing, hearing, touching, smelling, tasting or doing something. Making sure that we have a healthy dose of new experiences results in challenging ourselves to be all we can be and creatively improving our world.

0                                      interest                                      anticipation                                      excitement                      10

### Love / LUST

Loving feelings make us want to be near other people, animals, even our earth. We feel them because whoever, or whatever, it is makes *us* feel good. We feel connected. It's not good to hold in love energy, just like it's not good to hold in scared or mad feelings. Sexual love provides the ultimate connection to each other and the opportunity to create little ones to love. When we're "in love" we can't think of anything else but being with the one we love. Just like the feelings that protect us, when we have really strong, good feelings we can't think of anything else. That's okay if it's someone we might want to spend our life with, or a new baby, but most of the time we feel our unlimited feelings of love and take care of our other responsibilities as well.

0                      like                                      love                                      in love                      10

### CARE

If we've been cared for and nurtured by others, we can feel loved, and as the research on Harlow's monkeys taught us way back in the 1960s, we are able to nurture others as well. All mammals have a brain circuit that gives us the ability and need to care for each other. This helps each of us grow throughout our lives. Skin is our largest sense organ. Being able to give and feel loving touch may be as important as being able to see beautiful sights, smell wonderful smells, or taste something really delicious. Oxytocin is secreted when we feel love and touch, or are touched in a caring way. This facilitates a sense of connection, reduces pain, increases immune functioning and improves learning ability. Loving touch is calming. Loving words and looks show us how lovable and loved we are.

0                                      concern for                                      care for                                      connected                      10

### PLAY

**The thing that children of all ages do best!**

## **Brief Instructions for the Flash Technique – Phil Manfield, PhD & Lewis Engel, PhD, 2017**

Use Flash Technique with clients who are defended, avoidant, major intellectualizers, moderately dissociative, or afraid to feel the intensity of the affect associated with a specific memory.

An appropriate target for Flash Technique: something that is moderately disturbing (SUD  $\geq$  6). Avoid a memory where the disturbance is related to earlier memories.

Examples: anything referenced in the Adverse Childhood Events scale; incident involving major shame, guilt, fear, sadness, sibling relationship rupture, or separation; relationship loss or rejection (If no feeder); loss/death, person or animal; betrayal, helplessness; loving as child; loss of friends, new school/house; getting lost; changing jobs, separation from colleagues; assaults or violence (witnessing or experiencing); hospitalizations, injuries or anything involving intense pain; natural or man-made disaster; nightmares; a failure; scene from movie; legal conflict

SCRIPT

***Before we start, I'd like you to think of a disturbing /upsetting memory or image from your life, one that still bothers you now. Please choose a memory that has a disturbance level of at least 6 on a zero – 10 scale, where 0 is nothing or neutral and 10 is the worst you can imagine. If you can't think of a memory, try a scene from a movie is disturbing. Once you've done that, I do NOT want you to continue to think about it, or tell me about it just yet, just set it aside in your container. Instead, I'd like you to find a positive, engaging focus (PEF). It may be a person, special place, enjoyable activities, favorite music, or imagined experiences. We want it to be strong enough to hold your attention so you don't think of disturbing things.***

***Focus on that positive experience and tap back and forth on your thighs as I tap on mine.***

[Tap back and forth 4 times.] ***Was it easy for you to stay connected to your positive focus?***

[If so,] ***We'll be doing the same thing again, but this time, I'll say "flash / blink" and I want you to quickly blink your eyes once.***

[You may demonstrate. Once s/he has done it, check to see if that was easy to do without accessing any disturbance. If so...]

***This time, I'd like you to rapidly blink three times each time I say "flash / blink."*** [You may demonstrate. Once s/he has done it, do five of these triple flashes.]

***What is your level of disturbance now, 0-10?*** [After feedback, do a second and third set of five triple blinks. If the disturbance isn't dropping, check to see if there is no intrusion from the disturbing memory during the flashes. If so, have the client put it in the container and continue flashing until the SUD is 0 or  $\geq$  3 and not dropping by at least two points after a set of 5 triples (in this case move on to Phase 3 of EMDR)]

### TROUBLESHOOTING

- If SUD doesn't drop and there's no apparent reason, try ***Pretend this blank piece of paper has your disturbing memory on the underside. Before each triple blink, glance rapidly at the piece of paper.*** If that doesn't cause a shift, move to Phases 3-6.
- If client doesn't think it's working, they're probably accessing the memory to evaluate. This prevents Flash from working. Make sure they understand that once they identified the memory and rated it on the SUD scale, while they're doing the slow BLS, and blinking when instructed, you DON'T want them to think about it. They are only to access it when asked.
- If the client isn't "rehearsing," instruct the client to trust that the brain will go where it needs to.
- Make sure the client isn't talking.
- Client may need help identifying a strong "positive engaging focus" (PEF).

## Practice Session 3

### Instructions

- Client – to maintain your confidentiality, give your packet to your partner
  - Be the client! Let your clinician and facilitator do the heavy lifting 😊
- Clinician
  - Orient seating and be ready to begin processing following review
  - Review Target Plan with client. Discuss any needed adjustments or modifications
  - Agree on the target for processing
  - Ego State Script is available if you need it.
  - There is a script to guide you, but feel free to adapt it to your style
    - Remember, you can modify type and speed of BLS and length of set to make the processing “easier” for your client
      - Different pry)
    - You may or may not You may or may not have a complete session (0/7/clear) but regardless of where you are, be sure to close the session down with a debrief, between session instructions, and state change exercise
  - Make notes
- Rotate roles
- Process / debrief with your facilitator

## Processing Instructions for the Clinician

- Accessing & activating the target (Phase 3: Assessment) should take less than 5 minutes. You and the client have already agreed on the target and the NC/PC. This is to activate it for processing and to make sure that it hasn't changed overnight based on continued processing initiated by Phase 1: History-taking
  1. ***What's the worst part of the incident / experience?*** (picture, sound, smell, taste, etc.)

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  2. ***What words go best with that picture (experience) that express your negative belief about yourself NOW? / What are the negative thoughts you have about yourself as you focus on that experience?***

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  3. ***When you bring up that picture (experience), what would you like to believe about yourself NOW?***

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  4. ***When you focus on that picture (experience), how true does [state the PC] feel to you NOW on a scale of 1 to 7, where 1 FEELS COMPLETELY false and 7 FEELS TOTALLY TRUE?*** \_\_\_\_\_
  5. ***When you bring up that picture and those words [NC] what emotion(s) do you feel now?*** \_\_\_\_\_
  6. ***On a scale of 0-10 where 0 is no disturbance or neutral ("I can talk about it calmly") and 10 is the highest disturbance you can imagine, how disturbing does the incident FEEL to you NOW?*** \_\_\_\_\_
  7. ***Bring up that worst part, the negative belief [NC], notice where you feel it in your body and follow the BLS.***
- You will spend the majority of your time in Phase 4: Desensitization. You can take plenty of notes
- Once the memory network is activated, begin the bilateral and let it go at processing speed (as fast as the client can tolerate / track) for 30 seconds or so (about 30 back and forth passes) then check in, asking
  - ***What do you notice now? / What do you get now? / What comes up now?***
    - Some clients may need to take a breath as a cue to step out of the processing for perspective
    - Regardless of the client's response...
  - ***Go with that.***
    - Continue with that pattern as long as the client reports new information or change. Observe the client's body language, breathing patterns, etc., for cues as to when to end the set
    - Do your best not to talk! Anything you say can take the client out of processing, or away from it
    - If the client is **over**-accessing
      - Do slower, shorter sets and use one of the following
        - ***Take a breath...when you think of the incident, 0-10 how disturbing is it now (or what do you notice)?...Go with that.***
    - If the client is **under**-accessing
      - Do longer, faster sets
      - Have the client scan amplify the memory, e.g., with more sensory elements
  - When to check in on the target?
    - If not much is happening / coming up (a couple of neutrals)



- If positive, it builds the adaptive resource networks
- Disturbance may come up at this point. If so, continue to process through it until the VoC = 7
  - Any blocking beliefs that surface at this point should be processed
- Once the VoC = 7, move to Phase 6: Body Scan
  - ***Close your eyes, concentrate on the target and the PC. Scan your entire body and tell me if you feel anything.***
    - Whatever the client reports, process it
      - If it's positive, it will strengthen the adaptive network
      - If it's negative, process it until feeling / sensation / disturbance is gone
    - Repeat body scan until neutral or positive sensations are present
- For an INCOMPLETE session (>0, <7, no clear body scan)...
  - If you are running out of time (5-10 minutes remaining) and material is still emerging, regardless of which phase you are in, close the session
    - Debrief the session
      - ***We're about out of time... When you think about all the work you've done today, what have you learned? / what would you like to take away? / what would you like to hold onto?***
      - If the client is doing well, you might have the client resource the positives with resourcing speed BLS
      - Suggest to the client that s/he can put any unprocessed material away in the container and go to the Happy Place (or other state change exercise)
    - Closure statement: ***The processing will continue after the session. You may have thoughts, memories, dreams, insights, body sensations...you're not nuts, it's part of the process. If anything comes up, just jot enough down to help you remember then put it in your container and we'll talk about it next time.***
- Complete session...
  - If there is adequate time remaining, process the next target, if not
  - Debrief and close

## Summary

Target: \_\_\_\_\_

Touchstone                      Past                      Present Trigger                      Future Template

State Change / Stabilization Exercise:

Container    Happy Place    Breathing    Other \_\_\_\_\_

Client Stabilization:

Excellent                      Fair                      Good                      Poor

Notes:

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Issues / associations from processing to reevaluate later: \_\_\_\_\_

## Ego State Integration Script

- May integrate child ego states
  - Identify youngest “stuck” age
  - Have the client’s *adult, competent, caring, loving self* to invite the child part to meet in a comfortable, neutral *gathering place*, e.g., a park, fairy castle, playground
  - Resourcing speed (slow) BLS is optional for the remainder of the process – e.g., bilaterally recorded music
  - From this point on, the **adult client** should interact with the **child part**
    - ***Have your adult, competent, caring, loving self ask the child if s/he would be willing to look at pictures (or a movie) that will prove you are him/her all grown up?***
      - These pictures can be portraits, candid, school photos, it doesn’t matter. Much like the time lapse aging videos on the web. This should be done rather quickly to minimize potential of activation
      - Begin the pictures from one year older than the child’s identified age, proceeding annually until 20, then by decades until the present
    - ***Now ask the child if s/he believes you are him/her all grown up***
      - If no, direct client to ask what the child needs and address it – e.g., to ask questions, see the pictures again
      - If yes, proceed
    - ***Ask the child if s/he would be willing to come sit by you or sit in your lap?***
      - If no, address concerns
      - If yes, proceed
    - Have the adult client provide loving touch and words of affirmation
      - ***I want you to hug that child and hold her/him, telling her/him all the things s/he needed to hear*** – e.g., how safe, smart, sweet, kind, loving, precious, good, beautiful/ handsome, s/he didn’t deserve the yucky things that happened or were said
      - ***Tell the child, “You’ve held onto all that icky, yucky stuff for so long. You don’t have to do that anymore. You can come stay with me now and give it to me. I’ll take care of it.”***
    - The child needs a new job now that s/he no longer has to hold onto all the trauma.
      - ***Tell the child, “You are very important to me and have done everything you knew to do to help for so long. Now that I’m going to take that responsibility on, what do you say we come up with a job for you to do that’s more age appropriate? How do you feel about being in charge of playing and reminding me how important it is to play? Would you be willing to do that?”***
  - Now the adult self is in a position to process what the child couldn’t/didn’t want to

## Practice Session 4

### Instructions

- Client – to maintain your confidentiality, give your packet to your partner
  - Be the client! Let your clinician and facilitator continue to do the heavy lifting 😊
- Clinician
  - Orient seating and be ready to begin processing following review
  - Reevaluate the work from yesterday, noting any changes or new material /awarenesses. Discuss any needed adjustments or modifications needed with BLS
  - Where you left off yesterday will determine where you start today
    - Finish processing the target if it was incomplete
    - Go to the next appropriate target on the target plan
  - There is a script to guide you
    - Remember, you can modify type and speed of BLS and length of set to make the processing “easier” for your client
    - You may or may not have a complete session (0/7/clear) but regardless of where you are, be sure to close the session down with a debrief, between session instructions, and state change exercise
  - Remember the three prongs
  - Make notes
- Rotate roles
- Process / debrief with your facilitator



**Reevaluation Worksheet**

*What have you noticed since last time?*

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*Any new insights or awarenesses?*

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*Any dreams?*

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*Changes in behavior or responses?*

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*Changes in your symptoms?*

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*As you focus on the target from last time, what do you notice now?*

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*What's different or changed now?*

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*Any new connections or associations?*

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*Any new memories?*

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*0 – 10, how disturbing is it (the target) now?*

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## Processing Instructions for the Clinician following Reevaluation

- During Phase 8: Reevaluation, if the client reports positives, consider briefly resourcing the client's experience (slow, short BLS)
- If the previous session was complete (0, 7, clear)
  - It's still important to check the SUD
    - The client has had time to gain new perspective and may realize that while it felt like a 0, 7, clear before, that there's still some disturbance remaining
    - If it's still 0, 7, clear, process the next target on the list
- If last processing was **incomplete** (>0, <7, not clear)
  - Access and activate it as it is currently stored (processing will have changed that). You don't need to identify the NC/PC again
    - Memory – *Bring up that memory we worked on. What's the worst part of it as you think about it now? What's the picture you see in your mind's eye?*
    - Emotions – *What emotions are you feeling now?*
    - SUD – *0 – 10, how disturbing is it now?*
    - Body – *Notice where you feel it in your body*
    - *I'd like you to bring up that picture (sound, etc.), notice where you feel the upset in your body and the BLS...*
      - Process through Phases 4 – 6 (like yesterday)

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- If you choose to do a future template, without processing all of the past targets and present triggers, it may not be as “solid” as you would prefer
- Make sure to close the session (Phase 7: Closure) to ensure the client's stability

## Processing Instructions for the Clinician including Phase 3 Access & Activate

- Accessing & activating the target (Phase 3: Assessment) should take less than 5 minutes. You and the client have already agreed on the target and the NC/PC. This is to activate it for processing and to make sure that it hasn't changed overnight based on continued processing initiated by Phase 1: History-taking
  1. ***What's the worst part of the incident / experience?*** (picture, sound, smell, taste, etc.)

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  2. ***What words go best with that picture (experience) that express your negative belief about yourself NOW? / What are the negative thoughts you have about yourself as you focus on that experience?***

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  3. ***When you bring up that picture (experience), what would you like to believe about yourself NOW?***

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  4. ***When you focus on that picture (experience), how true does [state the PC] feel to you NOW on a scale of 1 to 7, where 1 FEELS COMPLETELY false and 7 FEELS TOTALLY TRUE?***

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  5. ***When you bring up that picture and those words [NC] what emotion(s) do you feel now?***

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  6. ***On a scale of 0-10 where 0 is no disturbance or neutral ("I can talk about it calmly") and 10 is the highest disturbance you can imagine, how disturbing does the incident FEEL to you NOW?***

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  7. ***Bring up that worst part, the negative belief[NC], notice where you feel it in your body and follow the BLS.***
- You will spend the majority of your time in Phase 4: Desensitization. You can take plenty of notes
- Once the memory network is activated, begin the bilateral and let it go at processing speed (as fast as the client can tolerate / track) for 30 seconds or so (about 30 back and forth passes) then check in, asking
  - ***What do you notice now? / What do you get now? / What comes up now?***
    - Some clients may need to take a breath as a cue to step out of the processing for perspective
    - Regardless of the client's response...
  - ***Go with that.***
    - Continue with that pattern as long as the client reports new information or change. Observe the client's body language, breathing patterns, etc., for cues as to when to end the set
    - Do your best not to talk! Anything you say can take the client out of processing, or away from it
    - If the client is **over**-accessing
      - Do slower, shorter sets and use one of the following
        - ***Take a breath...when you think of the incident, 0-10 how disturbing is it now (or what do you notice)?...Go with that.***
    - If the client is **under**-accessing
      - Do longer, faster sets
      - Have the client scan amplify the memory, e.g., with more sensory elements
  - When to check in on the target?
    - If not much is happening / coming up (a couple of neutrals)

- ***When you check in on the target now, what do you notice?***
  - Do this to access how the memory is currently stored following the processing
  - Regardless of the client's response...
- ***Go with that.***
- If nothing new comes up, check the SUD.
  - ***When you bring up the target, on a scale of 0 - 10 (where 0 is no disturbance or neutral and 10 is the worst you can imagine) how disturbing is it to you now?***
    - If the SUD is 1-2, ask, ***What keeps it up at \_\_\_? / What would it take for it to be 0? / What's the danger of it being 0?***
  - ***Go with that....***

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- When the SUD = 0, move to Phase 5: Installation
  - ***When we started processing, you wanted to believe*** [repeat the client's PC], ***when you think of the target now, does that still fit, or is there something that fits better now?***
    - Whatever the client gives you, check the VoC. ***When you pair that with the target, on a scale of 1 - 7, where 1 is totally false and 7 is completely true, how true does it feel now?...Go with that.***
  - Continue processing whatever they report

- If positive, it builds the adaptive resource networks
- Disturbance may come up at this point. If so, continue to process through it until the VoC = 7
  - Any blocking beliefs that surface at this point should be processed
- Once the VoC = 7, move to Phase 6: Body Scan
  - ***Close your eyes, concentrate on the target and the PC. Scan your entire body and tell me if you feel anything.***
    - Whatever the client reports, process it
      - If it's positive, it will strengthen the adaptive network
      - If it's negative, process it until feeling / sensation / disturbance is gone
    - Repeat body scan until neutral or positive sensations are present
- For an INCOMPLETE session (>0, <7, no clear body scan)...
  - If you are running out of time (5-10 minutes remaining) and material is still emerging, regardless of which phase you are in, close the session
    - Debrief the session
      - ***We're about out of time... When you think about all the work you've done today, what have you learned? / what would you like to take away? / what would you like to hold onto?***
      - If the client is doing well, you might have the client resource the positives with resourcing speed BLS
      - Suggest to the client that s/he can put any unprocessed material away in the container and go to the Happy Place (or other state change exercise)
    - Closure statement: ***The processing will continue after the session. You may have thoughts, memories, dreams, insights, body sensations...you're not nuts, it's part of the process. If anything comes up, just jot enough down to help you remember then put it in your container and we'll talk about it next time.***
  - Complete session...
    - If there is adequate time remaining, process the next target, if not
    - Debrief and close

### Summary

Target: \_\_\_\_\_

Touchstone	Past	Present Trigger	Future Template
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State Change / Stabilization Exercise:

Container	Happy Place	Breathing	Other _____
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Client Stabilization:

Excellent	Fair	Good	Poor
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Notes:

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Issues / associations from processing to reevaluate later: \_\_\_\_\_

## Practice Session 5

### Instructions

- Client – to maintain your confidentiality, give your packet to your partner
  - Be the client! Let your clinician and facilitator continue to do the heavy lifting 😊
- Clinician
  - Orient seating and be ready to begin processing following review
  - Reevaluate the work from yesterday, noting any changes or new material /awarenesses  
Discuss any needed adjustments or modifications needed with BLS
  - Where you left off yesterday will determine where you start today
    - Finish processing the target if it was incomplete
    - Go to the next appropriate target on the target plan
  - There is a script to guide you
    - Remember, you can modify type and speed of BLS and length of set to make the processing “easier” for your client
    - You may or may not have a complete session (0/7/clear) but regardless of where you are, be sure to close the session down with a debrief, between session instructions, and state change exercise
  - Remember the three prongs
  - Make notes
- Rotate roles
- Process / debrief with your facilitator

**Reevaluation Worksheet**

*What have you noticed since last time?*

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*Any new insights or awarenesses?*

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*Any dreams?*

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*Changes in behavior or responses?*

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*Changes in your symptoms?*

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*As you focus on the target from last time, what do you notice now?*

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*What's different or changed now?*

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*Any new connections or associations?*

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*Any new memories?*

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*0 – 10, how disturbing is it (the target) now?*

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## Processing Instructions for the Clinician following Reevaluation

- During Phase 8: Reevaluation, if the client reports positives, consider briefly resourcing the client’s experience (slow, short BLS)
- If the previous session was complete (0, 7, clear)
  - It’s still important to check the SUD
    - The client has had time to gain new perspective and may realize that while it felt like a 0, 7, clear before, that there’s still some disturbance remaining
    - If it’s still 0, 7, clear, process the next target on the list
- If last processing was **incomplete** (>0, <7, not clear)
  - Access and activate it as it is currently stored (processing will have changed that). You don't need to identify the NC/PC again
    - Memory – *Bring up that memory we worked on. What’s the worst part of it as you think about it now? What’s the picture you see in your mind’s eye?*
    - Emotions – *What emotions are you feeling now?*
    - SUD – *0 – 10, how disturbing is it now?*
    - Body – *Notice where you feel it in your body*
    - *I’d like you to bring up that picture (sound, etc.), notice where you feel the upset in your body and the BLS...*
      - Process through Phases 4 – 6 (like yesterday)

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- If you choose to do a future template, without processing all of the past targets and present triggers, it may not be as “solid” as you would prefer
- Make sure to close the session (Phase 7: Closure) to ensure the client’s stability



## Processing Instructions for the Clinician including Phase 3 Access & Activate

- Accessing & activating the target (Phase 3: Assessment) should take less than 5 minutes. You and the client have already agreed on the target and the NC/PC. This is to activate it for processing and to make sure that it hasn't changed overnight based on continued processing initiated by Phase 1: History-taking
  1. ***What's the worst part of the incident / experience?*** (picture, sound, smell, taste, etc.)

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  2. ***What words go best with that picture (experience) that express your negative belief about yourself NOW? / What are the negative thoughts you have about yourself as you focus on that experience?***

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  3. ***When you bring up that picture (experience), what would you like to believe about yourself NOW?***

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  4. ***When you focus on that picture (experience), how true does [state the PC] feel to you NOW on a scale of 1 to 7, where 1 FEELS COMPLETELY false and 7 FEELS TOTALLY TRUE?***

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  5. ***When you bring up that picture and those words [NC] what emotion(s) do you feel now?***

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  6. ***On a scale of 0-10 where 0 is no disturbance or neutral ("I can talk about it calmly") and 10 is the highest disturbance you can imagine, how disturbing does the incident FEEL to you NOW?***

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  7. ***Bring up that worst part, the negative belief[NC], notice where you feel it in your body and follow the BLS.***
- You will spend the majority of your time in Phase 4: Desensitization. You can take plenty of notes
- Once the memory network is activated, begin the bilateral and let it go at processing speed (as fast as the client can tolerate / track) for 30 seconds or so (about 30 back and forth passes) then check in, asking
  - ***What do you notice now? / What do you get now? / What comes up now?***
    - Some clients may need to take a breath as a cue to step out of the processing for perspective
    - Regardless of the client's response...
  - ***Go with that.***
    - Continue with that pattern as long as the client reports new information or change. Observe the client's body language, breathing patterns, etc., for cues as to when to end the set
    - Do your best not to talk! Anything you say can take the client out of processing, or away from it
    - If the client is **over**-accessing
      - Do slower, shorter sets and use one of the following
        - ***Take a breath...when you think of the incident, 0-10 how disturbing is it now (or what do you notice)?...Go with that.***
    - If the client is **under**-accessing
      - Do longer, faster sets
      - Have the client scan amplify the memory, e.g., with more sensory elements
  - When to check in on the target?
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- If positive, it builds the adaptive resource networks
- Disturbance may come up at this point. If so, continue to process through it until the VoC = 7
  - Any blocking beliefs that surface at this point should be processed
- Once the VoC = 7, move to Phase 6: Body Scan
  - ***Close your eyes, concentrate on the target and the PC. Scan your entire body and tell me if you feel anything.***
    - Whatever the client reports, process it
      - If it's positive, it will strengthen the adaptive network
      - If it's negative, process it until feeling / sensation / disturbance is gone
    - Repeat body scan until neutral or positive sensations are present
- For an INCOMPLETE session (>0, <7, no clear body scan)...
  - If you are running out of time (5-10 minutes remaining) and material is still emerging, regardless of which phase you are in, close the session
    - Debrief the session
      - ***We're about out of time... When you think about all the work you've done today, what have you learned? / what would you like to take away? / what would you like to hold onto?***
        - If the client is doing well, you might have the client resource the positives with resourcing speed BLS
      - Suggest to the client that s/he can put any unprocessed material away in the container and go to the Happy Place (or other state change exercise)
    - Closure statement: ***The processing will continue after the session. You may have thoughts, memories, dreams, insights, body sensations...you're not nuts, it's part of the process. If anything comes up, just jot enough down to help you remember then put it in your container and we'll talk about it next time.***
  - Complete session...
    - If there is adequate time remaining, process the next target, if not
    - Debrief and close

### Summary

Target: \_\_\_\_\_

Touchstone	Past	Present Trigger	Future Template
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State Change / Stabilization Exercise:

Container	Happy Place	Breathing	Other _____
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Client Stabilization:

Excellent	Fair	Good	Poor
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Notes:

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Issues / associations from processing to reevaluate later: \_\_\_\_\_

- Regardless of whether you are 0/7/clear, make sure to close the session (Phase 7: Closure) to ensure the client's stability

## Practice Session 6

### Instructions

- Client – to maintain your confidentiality, give your packet to your partner
  - Be the client! Let your clinician and facilitator continue to do the heavy lifting 😊
- Clinician
  - Orient seating and be ready to begin processing following review
  - Reevaluate the work from yesterday, noting any changes or new material /awarenesses. Discuss any needed adjustments or modifications needed with BLS
  - Where you left off yesterday will determine where you start today
    - Finish processing the target if it was incomplete  
Go to the next appropriate target on the target plan  
and / or
    - Do future template(s)
  - There is a script to guide you
    - Remember, you can modify type and speed of BLS and length of set to make the processing “easier” for your client
    - You may or may not have a complete session (0/7/clear) but regardless of where you are, be sure to close the session down with a debrief, between session instructions, and state change exercise
  - Remember the three prongs
    - You may choose to do a future template for the experience, whether all targets in the target plan have been processed or not
  - Make notes
- Rotate roles
- Process / debrief with your facilitator

**Reevaluation Worksheet**

*What have you noticed since last time?*

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*Any new insights or awarenesses?*

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*Any dreams?*

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*Changes in behavior or responses?*

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*Changes in your symptoms?*

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*As you focus on the target from last time, what do you notice now?*

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*What's different or changed now?*

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*Any new connections or associations?*

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*Any new memories?*

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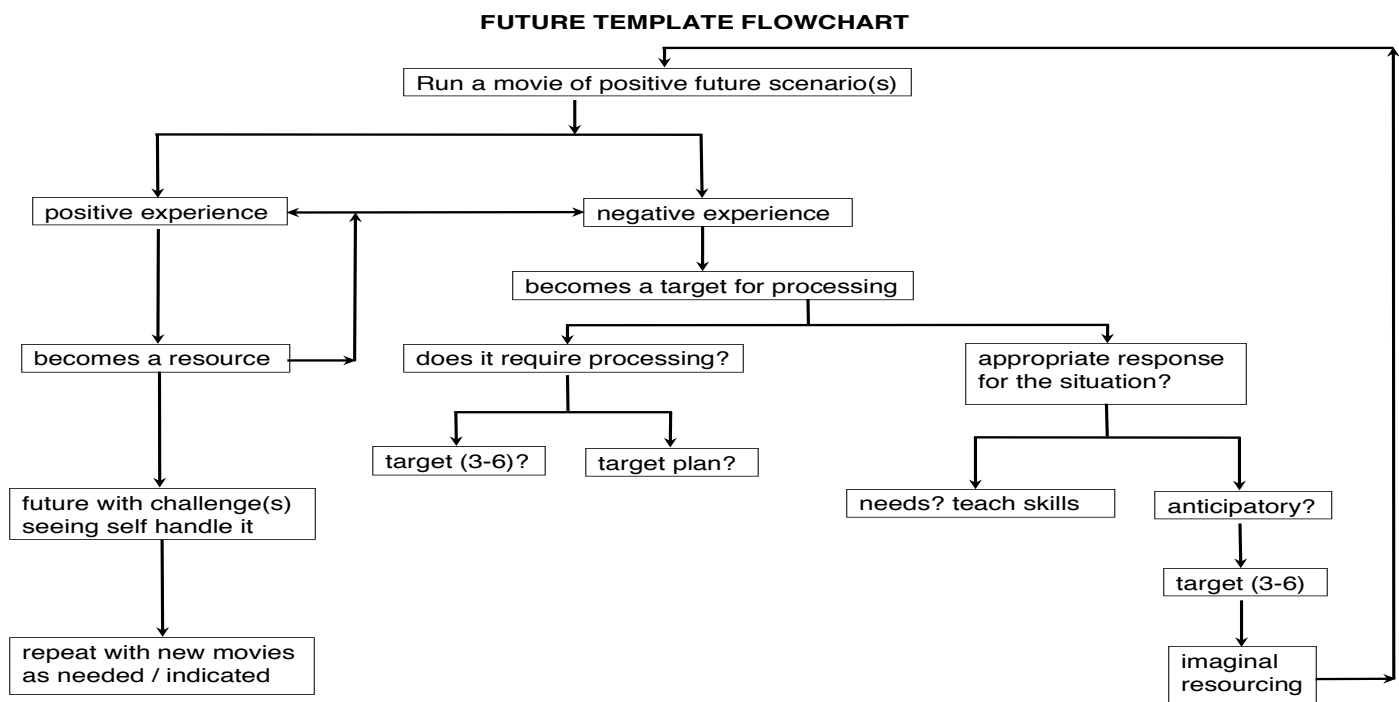
*0 – 10, how disturbing is it (the target) now?*

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## Future Template

- **Let's make sure you are set up for success. We want to minimize the possibility of future experiences throwing you off balance.** [explore how client would like to be acting or handling things in the future] **I'd like you to run a movie, seeing yourself** [doing / handling things] **and notice what comes up.**
  - If positive – add sets of BLS (processing speed)
    - Continue sets as long as the positive continues to strengthen
    - Adding BLS will strengthen the positive
      - Any available hidden “dust bunnies,” will surface for processing
  - If neutral – explore for clarification
    - Once clarified, run a movie of the positive
  - If negative – have client focus on body sensations
    - Add sets of BLS (processing speed)
    - If disturbance resolves, run a movie of the positive
      - If it doesn't, target it for processing
- Install the PC to VoC of 7
  - **Pair your positive belief with the situation, 1-7 how true does it feel?**
    - Use processing speed BLS until VoC = 7
    - It is possible for a blocking belief to emerge at this point
      - It will require identification and processing
- Have the client imagine “hiccups”
  - Process as above



REMEMBER! Future templates are designed to stir up any remaining dust bunnies, so use processing sets of BLS, UNLESS it's being used to build state change resources

## **You also have options to work with protocols from the manual**

- Cognitive Interweaves, pg 57
- Recent Events protocols, pg 69
- CIPOS (Constant Installation of Present Orientation & Safety), pg 74
- Back of the Head Scale, pg 75
- Loving Eyes, Pg 75
- EMDR Processing Continuum Cheat Sheets, pg 120