

EMDR

Key Concepts

- Adaptive Information Processing Model
- Dysfunctionally Stored Memories
- Dual Attention
- BLS / REM
- Symptoms are like molehills
- Touchstone memories

Phase 1 Case Conceptualisation and Planning

- Build Rapport
- Presenting problem
 - Onset, duration, severity, triggers, impact
- Bio-psycho-social history
 - Attachment
 - Family
 - Developmental
 - Educational
 - Trauma
 - Successes
- Clinical Assessment
 - Psychological difficulties
 - Disorders
 - PD
 - Divergence
- EMDR/AIP Model
 - Dysfunctionally stored memories
- Planning
 - Hofmann Tests of readiness
 - Everyday crisis to crisis?
 - Can establish and use safe space
 - Can harness coping skills
 - Can access traumatic memories

Phase 2 Preparation

- Help with regulation
 - Expand Window of Tolerance
- Help with dual attention
- Calm/Safe Place
- EMDR Education
 - Unlike anything else
 - I don't intervene but I'm working
 - We let your brain do the work and I can't get in the way
 - Be patient and curious to see what comes and goes

Phase 3 Assessment TICES

- Target, Image, Cognition, Emotion, Sensation
 - Explicit Touchstone Memory e.g. workplace bullying surfaces deliberately and is declarative and Episodic
 - Implicit does to surface deliberately is emotional and Procedural
- Techniques
 - Floatbacks
 - Interweaves to remain within window of tolerance
 - Window of Tolerance
 - The Wedging Technique
- Target memory and most disturbing image
- Negative Cognition
 - Must be irrational. "Not good enough, inadequate, have to be perfect, responsible, must be in control, can't trust myself etc".
 - If that was to happen to you what would that mean about you?
- Positive Cognition
 - Should not have negative in it "e.g. I am not a bad person". Should be "I am a good person".
- Validity of + Cognition True-False 1-7
- Emotions
- SUDS

Phase 4 Desensitisation

- "Focus on those negative words and that image, notice what you are feeling, and lets do some movements"
- After 30 BLS "pause, breath... what do you notice?"
- "Ok. Focus on that and see that happens next"
- If content not changing, change BLS speed width etc.
- Check SUDS rating when returning to Target scale 1-10.
- If it is stuck ask "what makes it a 2. What thought, feeling sensation? Ok focus on that and lets go again.
- If above 1, then as "what is the worst part of that now... let's focus on that"
- If SUDS 0 twice, then next Phase
- Techniques
 - Interweaves Pendulation past and present, calm, etc
 - Work within window of tolerance
- Future Orientation
 - See The Absorption Technique
 - Flash Forward Technique
- Defense Interweaves
 - Explore resistance and target emotion with BLS
 - Resistance is self-protective

Phase 5 Installation

- Check + Cognition
- "Focus on that experience as it seems to you now, and the +Cognition, how true do these words feel to you now, 1-7 (7 very true)"
- Continue as confidence grows until 6/7
- If stuck at 6, check Blocking Beliefs Level 2 manual p.27

Phase 6 Body Scan

- Close eyes, focus on original experience as it seems to you now, and +thought, scan body.
- If residual negative body experience, BLS

Phase 7 Closure

- Containment if needed incomplete
- Flag processing continues for 2/3 days and bring material back to next session

Phase 8 Closure

- Return to Target
- If disturbance check SUDS and body experience
- BLS if necessary
- If no disturbance, then check Validity of Cognition