

Procedural Steps Outline for EMDR Modified Protocol

1. Rapport
We will assume rapport has been established with the client
2. Explanation of EMDR
The explanation of the EMDR method is dependent upon age, background, experience and sophistication of the client.
"When a trauma occurs it seems to get locked in the nervous system with the original picture, sounds, thoughts and feelings. The eye movements or other bilateral stimulation (BLS) we use in EMDR seem to unlock the nervous system and allow the mind and body to process the experience. That maybe what is happening in REM or dream sleep-- bilateral stimulation helps to process the unconscious material. It is important to remember that it is your own brain that will be doing the healing and that you are the one in control."
3. Explanation of EMDR procedure
"We will begin by bringing up a memory you want to work on with the thoughts, feelings, and body sensations associated with it in order to stimulate the memory network. Then we will begin the BLS and you are to let whatever happens happen without censoring it. It is like a mind-body free association. At times I will stop you and ask you what is happening and you simply report back to me your experience. We will then begin a new set of BLS. At times I will ask you to return to the memory you started with and to tell me your experience and to rate the level of disturbance on a scale from 0 to 10. It is most important that you not judge or censor your experience. We'll do the BLS for a while and then we'll talk about it. We'll keep doing BLS and check-ins until the memory you started with is no longer disturbing to you."
4. Stop Signal
"What signal do you want to use for stop?"
5. Signal for Keep Going
"Is there a signal you want to use if you want to keep going?"
6. Establishing the type of Bilateral Stimulation (BLS) to use
"Would you like to use eye movements, auditory stimulation or tapping, or a combination of them?"
7. Establishing a Metaphor
"It often helps to create a sense of distance between yourself and the painful experience. For example, imagine riding on a train and just watching the scenery go by or watching the experience as if it were on a movie screen or video. Which metaphor would you like to use during the eye movements?" (Therapist does not use BLS to install the metaphor.)
8. Establish a Peaceful or Safe Place (real or imagined)
Briefly discuss with the client the place where she or he feels safest, most relaxed, or would most like to be and with whom. Therapist may choose to install the peaceful/ safe place with BLS.

9. Install Nurturing, Protective, Wise figures

Tap in each figure separately and if the client wants you can tap the figures as a team.

10. Presenting issue or memory

"What issue or memory would you like to work on today?"

1. Picture

"What picture represents the worst part of the memory?"

2. Emotions

"What emotions do you feel?"

3. Body Sensations

"What do you notice in your body?"

4. Negative Cognition

"What do you believe about yourself?"

11. SUDS (Optional: take if it is clinically useful to know; skip if it takes the client out of the process)

"How disturbing does that feel to you on a scale from 0 to 10 where 0 is no disturbance or neutral and 10 is the most disturbance you can imagine?"

12. Desensitization

"I'm going to start with the BLS and let whatever happens, happen, without censoring it."

Keep processing until SUDS 0 or 1

13. When the SUDS is 0 or 1 ask: "When you bring up the original picture or incident what do you believe about yourself now?"

14. Installation of the positive cognition

"Hold the picture and those words together."

Do a set of BLS. Do more BLS until it feels complete to the client. You can ask the client to let you know when it feels complete.

15. Body Scan

"Close your eyes. Bring up the incident and the positive statement, and mentally scan your entire body. Tell me where you feel anything."

If any sensation is reported, do BLS. If a positive or comfortable sensation is reported, do BLS to strengthen the feeling. If a sensation of discomfort is reported, reprocess until discomfort subsides. Skip the body scan if you are low on time. Do not add the BLS if you or your client suspects that more processing might open up other associated memories if you are low on time.

16. Closure/Debrief the Experience

"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, just notice what you are experiencing, and keep a log. We can work on this new material next time. If you feel it is necessary, call me." You may choose to close by returning to the peaceful/safe place.