

EMDR BASIC PROTOCOL

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<p style="text-align: center;">CHECK ON MECHANICS Distance, speed, stop sign, etc (first time only)</p>	
<p style="text-align: center;">TARGET MEMORY</p>	
<p style="text-align: center;">INSTALL SAFETY DEVICE</p>	
<p style="text-align: center;">IMAGE/PICTURE</p> <p style="text-align: center;"><i>What picture/image represents the worst part of</i></p>	
<p style="text-align: center;">NEGATIVE COGNITION</p> <p style="text-align: center;"><i>Is there a negative thought or belief about yourself that comes to mind right NOW that goes with that image [describe image]?</i></p>	
<p style="text-align: center;">POSITIVE COGNITION</p> <p style="text-align: center;"><i>What would you prefer to believe about yourself now when you bring up that image?</i></p>	
<p style="text-align: center;">VoC: 1-7=COMPLETELY TRUE</p> <p style="text-align: center;"><i>When you think of the image and say [+ cognition] how true does that feel now on a gut level of 1, completely false to 7 completely true?</i></p>	
<p style="text-align: center;">EMOTION/FEELINGS</p> <p style="text-align: center;"><i>When you concentrate on the image and the words [- cognition] what emotion comes up?</i></p>	
<p style="text-align: center;">SUDS 0-10</p> <p style="text-align: center;"><i>On a scale of 0-10, with zero representing no disturbance and ten the worst, how strong is that feeling now ?</i></p>	
<p style="text-align: center;">BODY SENSATION/LOCATION</p> <p style="text-align: center;"><i>Where do you feel that in your body?</i></p>	
<p style="text-align: center;">PROCESSING INSTRUCTIONS (first time only)</p> <p style="text-align: center;"><i>In a moment I'm going to ask you to concentrate on the memory and to follow my fingers with your eyes. After a while we'll stop and talk about it. Sometimes things will change and sometimes they won't. There are no supposed to's. Just let whatever happens happen and observe it.</i></p>	
<p style="text-align: center;">REORIENTATION</p> <p style="text-align: center;"><i>So bring up that image [describe image here], the negative belief [state the negative belief], the feeling [], the body sensation [] and "go with that"</i></p>	
<p style="text-align: center;">PROCESSING SET</p> <p style="text-align: center;">Set of EMs followed by: <i>Breathe. What came up?</i></p>	
<p style="text-align: center;"><i>Go with that - SET OF EMs</i></p>	
<p style="text-align: center;"><i>Breathe. What came up? ETC.</i></p>	
<p style="text-align: center;">CONTINUE THROUGH THE CHANNEL UNTIL NO CHANGE 2XS IN A ROW. GET SUDs.</p>	
<p style="text-align: center;">IF SUDs NOT 0 AND THERE IS DISTURBANCE,</p>	

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<p style="text-align: center;">ASK: <i>What kind of disturbance?</i></p> <p style="text-align: center;">PROCESS IT USING OPTIONS FOR WHEN STUCK UNTIL NO DISTURBANCE AND SUDS IS 0 OR ECOLOGICAL 1.</p>	
<p style="text-align: center;">WHEN NO CHANGE TWICE AND NO DISTURBANCE, RETURN TO ORIGINAL TARGET. <i>Bring up the image and memory you started with. Is there any disturbance at all?</i></p> <ul style="list-style-type: none"> • IF YES, “<i>What kind of disturbance? How strong is that on a scale of 0-10? Go with that.</i>” KEEP DOING EMs UNTIL NO DISTURBANCE AND SUDs IS 0 OR ECOLOGICAL 1. THEN RETURN TO THE ORIGINAL TARGET, • ASK IF THERE IS ANY DISTURBANCE. IF SO, CONTINUE PROCESSING. WHEN THERE IS NO DISTURBANCE, PROCEED TO THE LAST BULLET. • IF NO, PROCEED TO THE LAST BULLET. • WHEN THERE IS NO DISTURBANCE, GET SUDs. IF SUDs IS 0, REPEAT WITH A SET OF EMs TO GET 0 TWICE. THEN GO TO... 	
<p style="text-align: center;">INSTALLATION</p> <p><i>Do you remember what you said you wanted to believe about yourself? Is that still what you would prefer to believe, or is there something that fits better? Now bring up the initial memory/image and join it with the positive statement. How true does that positive statement feel RIGHT NOW on a gut level with 1 being completely false to 7 being completely true?</i></p>	
<p style="text-align: center;">BILATERAL STIMULATION SET OF 24</p> <p><i>Bring up the original memory/image and the positive statement [] together and go with that.</i></p>	
<p style="text-align: center;">CONTINUE EMs UNTIL NO CHANGE AND VoC OF 7 TWICE (OR ECOLOGICAL 6)</p>	
<p style="text-align: center;">IF NO CHANGE AND STILL NOT A 7 <i>What keeps it from being a 7? Process with EMs.</i></p>	
<p style="text-align: center;">WHEN NO CHANGE AND 7 TWICE [or ecological 6], MOVE ON TO...</p>	
<p style="text-align: center;">BODY SCAN</p> <p><i>Now bring up the original memory/image and the positive statement together and check all through your body for any discomfort or tension. If some disturbance, process the disturbance with EMs and repeat body scan to no disturbance. If no disturbance, go to next step.</i></p>	
<p style="text-align: center;">CLOSURE</p> <p>Use container if there is remaining distress. Debrief, assist with re-composure as needed. Explain that there may be further processing post-session. Assign a log. New material can be addressed in future sessions.</p>	

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