

### **Floatback Technique: practice script**

[The floatback technique is based on the “affect bridge” developed by Watkins and Watkins (1997) and was adapted for EMDR by William Zangwill and his colleagues (Young, Zangwill, & Behery). The script below is a slight adaptation from the script found in Francine Shapiro’s *Eye Movement Desensitization and Reprocessing*, 2001, pp. 433-434].

**Target:** Ask the client to recall a recent disturbing event that has something of a repeated quality to it. The client may also bring up an issue or pattern of undesired behavior. If this is the case, ask the client to then recall an *example* of when this pattern or issue last occurred. This is your target. In clinical settings, the target can be the place in the processing where the client is stuck. It can also aid a client when s/he has difficulty in identifying an earlier or source memory.

**Script** (italicized text is what the therapist says to the client):

*Please focus on the image that represents the worst moment of that recent memory.*

*Notice the negative words, thoughts, beliefs that go along with that image. Also notice the feelings and body sensations that accompany the image and negative words or thoughts.*

*Now bring up the image of \_\_\_\_\_, the negative thought \_\_\_\_\_, the feelings of \_\_\_\_\_ and where you notice the feelings in your body and just let your mind float back to an earlier time in your life—don’t search for anything—just let your mind float back and tell me the first scene that comes to mind where you had similar thoughts of (repeat negative cognition), feelings of (repeat feelings) in your (repeat places in body where client reported feelings).*

*And just let me know when something comes to mind....*