

EMDR Protocol

Target: Issue causing the event, or symptoms
"What else would you'd like to begin working on?"

Target Image

"What image represents the way you'd like your life?"
"What picture of the memory looks pleasant?"

Negative cognitions

"When you think of the incident what negative thought or belief do you have about yourself?"
"When you think of the incident what incident is about you?"
C/T (0-100%)

Positive cognitions

"When you think of the incident and the associated words (negative cognitions) what would you prefer to believe about yourself?"
C/T (0-100%)

VoC (Validity of Cognitions)

"When you think of the incident, how true do these words (positive cognitions) feel to you now on a scale of 1-7?"

Completely false 1 2 3 4 5 6 7 Completely true

Installers

"When you think of the incident and the associated negative cognitions what feelings do you believe?"

SDCs (Subjective Units of Disturbance)

"How disturbing does this feel to you now on a scale from 0-10?"

(0=Not disturbed) 0 1 2 3 4 5 6 7 8 9 10 (Highest disturbance)

Location of body sensation

"Where do you feel these your body?"

Preliminary In-vivoizations

- "What does your body feel like right now in this situation or related situation (SUD) in body sensations and responses?"
- "What does your body feel like when you imagine the way you would not experience things, memories, situations, or body sensations?"
- "What does your body feel like when you imagine the way you would experience things, memories, situations, or body sensations?"
- "What does your body feel like when you imagine the way you would experience things, memories, situations, or body sensations, but you would not experience the way you would not experience things, memories, situations, or body sensations?"
- "What does your body feel like when you imagine the way you would experience things, memories, situations, or body sensations, but you would not experience the way you would not experience things, memories, situations, or body sensations?"

Desensitization

- "Bring the negative thought, negative cognitions, and sensations you are feeling in your body."
- "Set a SUD on a 1-10 scale (0=not disturbed, 10=worst)." "What do you feel?"
- "After you feel the SUD, what do you feel?" "What do you feel?"
- "What do you feel in your body when you feel the SUD?"

Installation

- "What is your positive material (positive cognitions, beliefs, SUDs, etc.) you would like to install in your body?" "What do you feel?"
- "What do you feel in your body when you feel the SUD?"
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Body Scan of positive cognitions

- "What do you feel in your body when you feel the SUD?"
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Body Scan

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Post-session processing

- "What do you feel in your body when you feel the SUD?"
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Choice of untransformed material

- "What do you feel in your body when you feel the SUD?"
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