

EMDR Protocol

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

Target Image

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

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 negative words (negative cognitions) what would you prefer to believe about yourself?"
C/T (0-100%)

VoC (Validity of Cognition)

"When you think of the incident, how valid 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 words (negative cognitions) what feelings do you have?"

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 in your body?"

Preliminary In Vivo Work

- "What does your life look like right now? How do you feel about it?"
- "What does your life look like right now? How do you feel about it?"
- "What does your life look like right now? How do you feel about it?"
- "What does your life look like right now? How do you feel about it?"
- "What does your life look like right now? How do you feel about it?"
- "What does your life look like right now? How do you feel about it?"
- "What does your life look like right now? How do you feel about it?"
- "What does your life look like right now? How do you feel about it?"

Desensitization

- "Bring the negative thought (negative cognitions) into your mind and see how it feels?"
- "Let it go, or feel a strong sense of relief or freedom?"
- "What does it feel like? Good, bad, or neutral?"
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Reevaluation

- "What does it feel like? Good, bad, or neutral?"
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Body Scan of positive cognitions

- "What does it feel like? Good, bad, or neutral?"
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Body Scan

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Post-session processing

- "What does it feel like? Good, bad, or neutral?"
- "What does it feel like? Good, bad, or neutral?"
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Closure of unprocessed material

- "What does it feel like? Good, bad, or neutral?"
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