

Name:

Session number:

Date/Time:

<p><b>Image</b> – “what picture represents the worst part of the incident/memory?” “What picture represents the incident?” “When you think of the incident, what do you get?”</p>
<p><b>Negative Cognition</b> – “When you bring up the picture, what (irrational) negative belief do you have about yourself <b>now?</b>” (I statement, present tense)</p>
<p><b>Positive Cognition</b>– “When you bring up that picture/incident, what would you like to believe about yourself <b>now?</b>”</p>
<p><b>VOC</b> – “When you think of that picture/incident, how true does that (positive cognition) feel to you <b>now</b> on a scale of 1 to 7, where 1 completely false/ untrue and 7 is completely true?”</p>
<p><b>Emotions/feelings</b> – “When you bring up that incident/memory and those words (negative cognition), what emotions do you feel <b>now?</b>”</p>
<p><b>SUDS</b> – “On a scale of 0 to 10, where 0 is no distress and 10 is the most distress imaginable, how distressing does it feel to you <b>now?</b>”</p>
<p><b>Location of body sensation</b> – “Where do you feel that in your body?”</p>
<p><b>Desensitisation</b> – “( Could you now bring up that picture, those negative words (repeat the negative cognition), notice where you are feeling it in your body, and follow my fingers.”</p> <ul style="list-style-type: none"> <li>• Begin the eye movements slowly. Increase the speed as long as the client can comfortably tolerate the eye movements. Do in excess of 24 fast eye movements. Some people need more!</li> <li>• “That’s good. You are doing well.”</li> <li>• If abreacting: “ It’s old stuff. Just notice”. (Train metaphor: dual processing maintained)</li> <li>• After set of EM “Take a deep breath.”</li> <li>• “What do you get/notice now?”</li> <li>• After brief feedback, just say “Go with that” or “Just notice that” (after 2 sets of no change, two positive or neutral feedback, go back to the target/memory. If any new channels open, process that. If nothing new, ask SUD. )</li> <li>• Move to Installation only when client reports a 0 (or 1?) SUDs</li> </ul>
<p><b>Installation of Positive Cognition</b></p> <ul style="list-style-type: none"> <li>• “When you think about that memory, do the words (positive cognition) still fit, or is there another positive statement you feel would be more suitable?”</li> <li>• “Think about the original incident and those words (positive cognition). From 1, completely false, to 7, completely true, how true to they feel?” Need at least a 5 or 6</li> <li>• “Hold the image and words together”. Do eye movement set.</li> <li>• “On a scale of 1 to 7, how true does that (positive statement) feel to you now when you think of the original incident?” Measure the VOC after each set. Even if the client reports a 6 or a 7, do EM set again to strengthen, and continue until VOC no longer strengthens. Go on to the body scan.</li> <li>• If the client reports a 6 or less, check appropriateness and address blocking belief (if necessary) with additional reprocessing.</li> </ul>
<p><b>Body scan</b> – “Close your eyes; concentrate on the incident/memory and the Positive Thought/Cognition and mentally scan your body. Tell me where you feel anything.” If any sensation is reported, do EM. If a positive/comfortable sensation, do EM to strengthen the feeling. If a sensation of discomfort is reported, reprocess until discomfort subsides. Use <b>fast</b> EM</p>
<p><b>Closure</b> – (debrief) “The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories, or dreams. If you do, just notice what you are experiencing. Take a snapshot of it (what you are seeing, feeling, thinking, and the trigger). You can keep notes of this and we can work on it next time”.</p>

Therapist signature.....Name and Designation.....