



Phases 5 - 7 of EMDR 8 Phase Protocol INSTALLATION TO CLOSURE

Phase 5 **INSTALLATION**

5.1 This phase involves linking the desired positive cognition with the original memory or incident:

- *If you remember the original memory, do the words (therapist repeats the client's positive cognition) still fit or is there another positive statement you feel would be more suitable?"*
- *If the client suggests a new PC use that, otherwise use the original PC.*
- "As you remember the original memory and those words (therapist repeats the client's positive cognition), how true do they feel now from 1 (completely false) to 7 (completely true)?"
- Ask client to continue to link the PC and the original issue in his/her mind and do a set of 24 EMs. *"What happened?" or "What do you notice".*
- *"On a scale of 1 - 7, how true does (therapist repeats the client's positive statement) feel to you now when you think of the original incident?"*
- Continue to link the PC to the original issue by repeating the above as long as the material is becoming more adaptive (ie as long as there is a positive change).

If VOC does not rise to 6 or 7 despite EMs, then ask:

"What prevents it from being a 7?" or

"What will you need to learn about yourself for it to be a 7?"

- Is their reasoning for it not being a 7 is ecologically sound, install. If not re-check the appropriateness of the PC and/or address any blocking belief, if necessary with additional re-processing.
- Even if client reports a 7, do EMs again to see if it strengthens further, and continue to do this until it no longer strengthens.
- Do a final VOC rating and if it remains a 7 move to Body Scan.

Phase 6 BODY SCAN

6.1 *"Close your eyes. Concentrate on the original memory and the positive cognition (repeat the words) and mentally scan your entire body from head to toe. Tell me where you feel anything."*

- If any sensation is reported, then do EMs. (Fast)
- If a positive/comfortable sensation is achieved, do EMs to strengthen the positive feeling.
- If sensation of discomfort is reported re-process until discomfort subsides.
- Be open to the possibility that new material can emerge at this stage.
- When the client has no reaction, neutral or positive sensations move to Phase 7 closure.

Phase 7 CLOSURE

7.1 If the session is **complete** (ie SUDs is 0 or 1: VoC is 7), then read the following closure statement:

"The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories or dreams, if so, just notice what you are experiencing - take a snapshot of it (what you are seeing, feeling, thinking and the trigger), and keep a diary. We can work on this new material next time. If you feel it is difficult to cope, you can call me."

If the session is **incomplete** (ie the SUDs are greater than 1: the VOC is less than 7), then do the following steps:

(The purpose is to acknowledge clients for what they have accomplished, and to leave them well grounded before they leave your room.

- Explain to client that the session is coming to an end and explain the reason eg *"We are almost out of time and we will have to stop soon."*
- Give encouragement and support for the effort made: *"You have worked really hard, what is the most important/positive thing you have learnt today?"*
- Eliminate the installation of positive cognition and body scan (it is evident that there is still material to be processed).
- Take client to their safe place or do another appropriate self-soothing exercise. Read above closure statement.