

PHASE 4: DESENSITISATION.

*"I'd like you to bring up that picture, those negative words (repeat the negative cognition), **and** notice where you feel it in your body. Now follow my fingers with your eyes" (EM)*

(NB This is usually the last time that you will directly refer to the image or the negative cognition).

Continue for a set of approximately 24 EMs. Ask for feedback. If anything has changed, continue with new set of EMs by instructing "Go with that" or Notice that" Continue with this process as long feedback indicates change.

Returning to target memory

When feedback becomes neutral or positive at least two times, say to client:

"I'd like you to return to the target memory, (or the event, or issue), what do you notice now?"

If client feedback indicates that there is still material to process, continue EM. **(New channel)**

If client feedback suggests that processing may be coming to an end, take **SUDs**: *"As you recall the original memory, how disturbing does it feel to you **now**, on a scale of 0 - 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine?"*

If SUDs are greater than 0 continue EM **(New channel)**

If SUDs are 0 (or an acceptable 1), move to Phase 5 Installation

(NB If you are running out of time and SUDs are greater than 0 move to Closure

PHASE 5: INSTALLATION

"Do the words (repeat the PC) still fit, or is there another positive statement you feel would be more suitable?"

"Think about the original memory and those words (repeat the selected PC). How true do they feel now, from 1 (completely false) to 7 (completely true?)

"Hold the memory and PC together." Do full set of EMs.

"On a scale of 1 - 7, how true do those words (PC) feel to you now when you think of the original incident?"

Continue installation as long as the material is becoming more adaptive.

If client reports a 7, on two occasions move on to the Body Scan.

If client continues to report a 6 or less, check appropriateness of PC and address any blocking belief with additional reprocessing.

PHASE 6: BODY SCAN

"Close your eyes, concentrate on the original memory and the Positive cognition, and mentally scan your ENTIRE body. Tell me where you feel anything".

If any sensation is reported, do EMs. If a sensation of discomfort is reported, reprocess with EMs until discomfort subsides. If a positive/comfortable sensation is reported, do EMs to strengthen the positive feeling.

When the body scan is clear or positive move to Phase 7 Closure.

PHASE 7: CLOSURE

Debriefing instructions

"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 note it down. We can work on this new material next time.
