



## Fitting it all together – Part 2

### 8 stage protocol, blocked processing, cognitive interweave

1. Basic 8 stage protocol PTSD and trauma related presentations, distressing life events
2. If Processing gets stuck: first attempt unblocking by changing direction, modality, etc
3. If the above does not help, use Cognitive Interweave: Domains – Responsibility – Self defectiveness; Safety, Choices, (Control)

### Protocol for Phobias and current anxieties:

1. Assumed origins are in traumatic past memories/ events
2. How to identify earliest event (around which other related events may be clustered):

Identify a recent example of the anxiety phobia – then find

**Touchstone (“Seed”) memory:** Float back from a recent memory that represents the current anxiety/phobia, predominantly using emotions and physical sensations, testing whether NC of presenting issue matches

#### Then process after indentifying in order

Touchstone

Worst (if phobia)

Presenting issue (i.e. that was used to float back with) (phobia and current anxiety)

Current Triggers/ physical sensations (as in panic)

Future template – i.e. template for desired future behaviour

### Future Template

This is used when all traumatic material has been processed using the above. If remaining relevant trauma, this has to be processed first. Run a detailed mental film of the desired future behaviour when in presence of previously phobic objects/situations or previously anxiety provoking situations. If any discomfort, process until the film can be run without any discomfort. Fast bilateral stimulation

### Resource installation

This is a strategy that can be used if the clinician judges the client not ready for EMDR treatment in preparation. Alternatively it can be used when a client does not feel they can continue with processing (always try to process through ab reactions, do not as standard use the resource installation, or use when a person needs a resource to handle new situations in future that they may not have experience of).