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 abreactions, 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.