



Phase 2 of the 8 Phase EMDR Protocol

PREPARATION

2.1 Therapist places chair to the side of the client (*"ships passing in the night"*).

2.2 Explanation of EMDR

Please read the following to your client:

"Old disturbing memories can be stored in the brain in isolation; they get locked into the nervous system with the original images, sounds, thoughts and feelings involved. The old distressing material just keeps getting triggered over and over again. This prevents learning/healing from taking place. In another part of your brain, you already have most of the information you need to resolve this problem; the two just cannot connect. Once EMDR starts, a linking takes place. New information can come to mind and resolve the old problems. This may be what happens spontaneously in REM or dream sleep when eye movements help to process unconscious material."

2.3 Specific Instructions

"We'll do the eye movements for a while, and then we'll talk about what came up. What we will be doing is a simple check on what you are experiencing, so all you need to do is to give me as accurate a feedback as you can as to what is happening, without judging whether it should be happening or not. Sometimes things will change and sometimes they won't. There are no right answers in this process. Let whatever happens happen".

2.4 Construct a stop signal

"If at any time you feel you have to stop, raise your hand and I will respect that".

Point out that merely saying stop will not be sufficient to stop the process as this may be part of the person's processing.

Established a stop signal?

2.5 Glasses, bifocals, contact lenses

Ask the client about eye problems and ask him/her to let you know if s/he experiences any eye discomfort.

Eye problems?.....



2.6 Establish the appropriate distance and direction of eye movements

"Where does it feel most comfortable to have my hand?" Therapist moves hand towards and away from the client's face and tests the speed of the eye movements. S/he also tests the speed of EMs the client can comfortably manage to track. Faster eye movements enhance processing.

2.7 Eye Movement Alternatives

- auditory sounds
- hand taps

Type of bi-lateral stimulation?

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2.8 Metaphor to Use

"It helps to create a sense of distance between yourself and the painful experience. For example, imagine that you are riding on a train and just watching the scenery go by, and the scenery is the material that we are working on or processing; or imagine you are looking out of a window and that a heavily-laden cloud comes into your vision, and as it passes it drops its heavy load and then passes on a bit lighter. Alternatively, you could imagine that you were watching the images and material we are processing on a movie screen or on a video".

Metaphor?

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2.9 Establish a Safe Place

Ask your client to tell you the Safe Place that they established earlier in the day and **write it down**. (Remember, if the client finds it difficult to imagine a peaceful and safe place then you need to spend more time on preparation).

Safe place?

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