

Phase 4 of the 8 Phase EMDR protocol

DESENSITISATION

- 4.1** Tell client to notice whatever comes up during processing. Stress importance of not deliberately discarding any information. Be alert to any signs of confusion or hesitation in the client.

“Remember, it is your own brain that is doing the healing and you are the one in control. I will ask you to mentally focus on the target and to follow my fingers with your eyes. Just let whatever happens, happen, and we will talk at the end of the set. Don't ignore anything as unimportant. Any new information that comes up is connected in some way. If you want to stop, just raise your hand.”

- 4.2** “I'd like you to bring up that picture that represents the worst part, then repeat to yourself those negative words (therapist repeats the client's negative cognition), and notice where you are feeling it in your body. Now follow my fingers” (eye movements) or commence tapping.

- Begin the eye movement slowly. Increase the speed as fast as the client can comfortably tolerate the movement. (Remember to check for eye discomfort).
- At least once or twice during each set of eye movements, or when there is an apparent change, (facial, breathing, etc) comment to the client: *“That's it”, “Good”, “You're doing well”*.
- It is helpful to comment to the client (especially if the client is abreacting) *“That's it. It's old stuff. Just observe. Just notice it”*. (Also use the agreed metaphor, .ie. “it's just scenery from the train”).
- After a set (approximately 24) of EMs, instruct the client to *“rest, and/ or take a deep breath “*.
- “What do you get now?”* or *“What did you notice?”*
- After the client gives feedback, say *“Go with that”* or *“Continue”* (without repeating the client's words/statements).

4.3 Two consecutive reports of no change, neutral or positive material indicate that the client is at the end of a channel.

- Ask the client to return to the original experience/target:
- *“What do you notice now”*
- Have him/her focus on whatever comes up, and do a further set of 24 EMs.
- Ask the client what he/she gets now.

- If the client describes new material or any disturbance, continue with a further 24 EMs.

- Continue to process until client again reports two consecutive reports of no change, neutral or positive material indicate that the client is at the end of another channel

4.4 Continue the above until you consider that the client’s level of disturbance is low or that no meaningful new associations are emerging.

Ask: “When you bring up the experience, on a scale of 0 -10, where 0 is no disturbance or neutral, and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now?”

- If the SUD score is greater than 0 do more EMs.

- If the SUD score is 0 on two occasions, you have completed this phase and are ready to move to the next phase, installation of the positive cognition.

- If the SUD score remains at 1, only proceed to installation if the client gives an highly understandable (ecological) reason for it remaining there (Not a safety belief!)

If at any time re-processing stops change speed direction of eye movements or the modality