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## 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.

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## 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.**

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## 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 in a diary or record. We can work on this new material next time. If you feel it is necessary, call me."*

### Procedure for closing incomplete sessions

An incomplete session is one in which a client's material is still unresolved and you have run out of time, i.e. s/he is still obviously upset or the SUDs are above 0 or the VoC is less than 6.

The following is a procedure for closing down an incomplete session. The purpose is to acknowledge clients for what they have accomplished, to reduce arousal and to leave them well-grounded before they leave the office.

**Steps:**

Tell the client you are stopping and explain the reason: *"We are almost out of time and we will need to stop soon"*.

Give encouragement and support for the effort made. *"You have done some very good work and I appreciate the effort you have made. How are you feeling?"*

Do not do the Installation of Positive Cognition and the Body Scan.

Use "Safe Place" or do another containment/relaxation exercise with which client is comfortable, (guided imagery, "Light Stream" etc). Read the above "debriefing instructions" to the client.

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**PHASE 8: RE-EVALUATION**

The re-evaluation phase is carried out the session following the completion of each target memory and again at the end of treatment on all target memories.

**8.1** In the session following the completion of each target, check the following:

- Does the individual target remain fully resolved?
- Has other material been activated since the last session which must be addressed with further treatment?
- Does the client need further resources before continuing with treatment?

**8.2** On the completion of treatment, check the following:

- Have all necessary targets been processed?
- Does the client feel at peace with his/her past?
- Is the client empowered in the present?
- Can the client make choices for the future?
- Has the client readjusted appropriately to his/her social system?