



emdr extra THE UK'S PREMIER ORGANISATION FOR TRAINING IN EYE MOVEMENT DESENSITISATION AND REPROCESSING (EMDR)

IDENTIFYING THE TOUCHSTONE MEMORY

Identifying and processing the past event that laid the foundation of a current problem or future concern. (Part 1 of the three-pronged approach).

Please identify a presenting current concern/ phobia.

Follow the following procedure:

Identify the past event/touchstone memory

Procedure A: EARLY MEMORY RELATED TO PRESENTING ISSUE AVAILABLE

(When earliest memory is readily available)

Identify an image, NC, emotion, and sensations associated with the present/ future concern and ask your client:

“When is the first time you remember feeling like this?”

Or “When is the first time you learned _____”

(Repeat NC e.g. “I’m not good enough?”)

If your client recalls a clear earlier memory through either of these questions then use this memory (touchstone memory) as your first target memory to process using the full protocol.

**Procedure B: NO MEMORY, BUT NC MATCHING
PRESENTING ISSUE**

(When client cannot identify memory but can identify a NC)

If your client cannot recall a clear memory in response to the above questions, but has identified an NC, then proceed to:

The Float back Technique:

“Please bring up that picture of the present/future event and those negative words _____”
(repeat client’s disturbing image and NC).

“Notice what feelings are coming up for you now and where you are feeling them in your body”.

“Just let your mind float back to an earlier time in your life; don’t search for anything, just let your mind float back and tell me the earliest scene that comes to mind where you had similar thoughts of _____ (repeat NC) and feelings of _____ (repeat emotions)”

“Where do you feel it in your body now?” _____

“Does that feeling resonate with the words _____ (repeat NC)”?

“Does that feeling that you have now feel related to the present concern that you have brought?”

If your client identifies a related memory then process this as the first target (Touchstone memory).

Procedure C: Affect Scan - NO EARLY MEMORY, NO NC

(When client has present distress, but cannot identify earliest memory or a NC)

If procedure B does not work, or the client cannot identify an NC proceed to the following:

The NC is not a necessary factor in identifying the touchstone memory. If the NC is unclear, but the current memory is already accessed at a significant SUD level, concentrate only on sensations as the bridge to the past.

“Bring up a picture of the last/worst time you felt upset about the present concern.”

“Hold the image in mind and the thoughts that come up about it.” “Where to do you feel it in your body?”

“Hold in mind the image and the sensation, and let your mind scan back to the earliest time you remember feeling that way.”

Target the Touchstone memory that is identified.

(Adaptation of Affect Bridge, Watkins & Watkins, 1997)

NOTE: Remember always to target and process the touchstone memory first, using the full protocol, before moving to present trigger/s and future template.