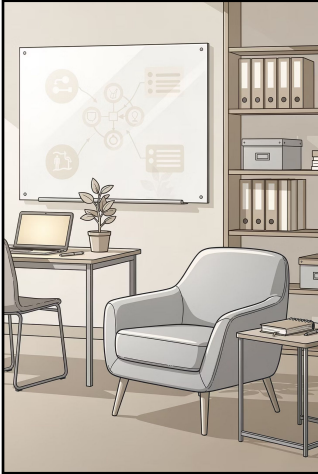


**Welcome to Day 3!**

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DAY 3

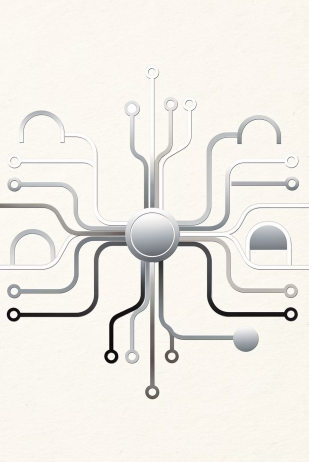
## Phase 8 & Future Template Protocol

**Phase 8**  
Resuming Reprocessing

---




**Future Template**  
Processing Desired Future States

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## Theoretical Convergences in a Distinct Therapy Model

EMDR draws on and incorporates elements from multiple evidence-based therapy models:

-  **Cognitive & Behavioral**  
Addresses thoughts, beliefs, and maladaptive behaviors
-  **Psychodynamic & Experiential**  
Explores unconscious patterns and felt experience
-  **Systems & Hypnotic**  
Relational context and altered state techniques

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## Why Does EMDR Work?

- Brain Research**  
Neurobiological changes observed during processing
- Orienting Response**  
Bilateral stimulation activates a natural investigatory reflex
- REM Parallels**  
Eye movements mimic natural memory consolidation during sleep
- Ongoing Research**  
Mechanisms continue to be studied and refined

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## What is PTSD?

EMDR has been shown to be effective for the treatment of PTSD in over 20 Randomized Controlled Studies – making it one of the most evidence-based trauma therapies available.

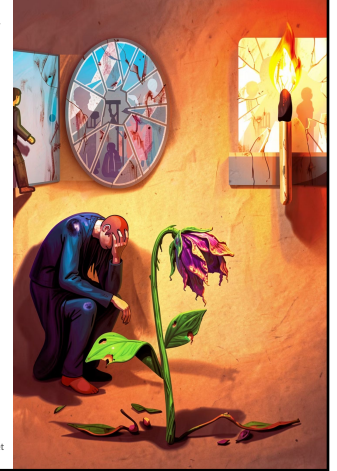
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## PTSD Symptom Clusters

Avoidance, intrusion, negative mood, and hyperarousal – presenting across emotional, behavioral, and physical domains.

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## Kids & PTSD

Trauma in children often looks different – and can be easily misidentified:

- May look like ADD/ADHD
- Repetitive re-enacting play
- Nightmares, flashbacks, avoidance
- Tantrums, headaches, stomach issues

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Carlson et al. 1998

**77.7%**

of combat veterans no longer had PTSD after just 12 sessions of EMDR.



RESEARCH

## EMDR vs. CBT & Developmental Trauma

**Capezani et al. (2013)**  
95.2% of patients (20/21) no longer had PTSD after EMDR treatment – outperforming CBT comparisons.

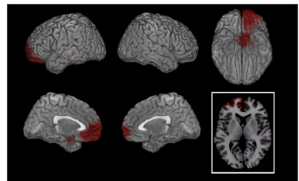
**Cvetek, R. (2018)**  
Developmental trauma clients showed lower scores on the Impact of Events Scale following EMDR.

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RESEARCH CONTINUED

## Pagani (2012) – EEG Study

Neurobiological activity correlated with EMDR processing in real time  
Effects measured during a live EMDR session



**Conclusion:** Eye movements in EMDR are associated with significant relief from negative emotions

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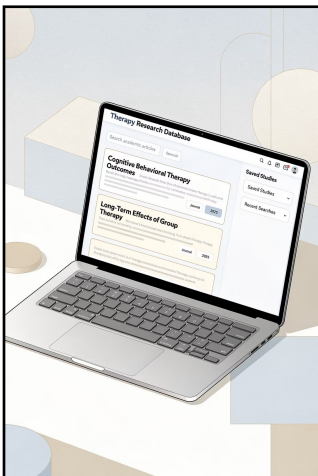
RESEARCH CONTINUED

## Further Research Resources

Explore the evidence base for EMDR through these trusted sources:

**EMDRIA Research Library**  
[www.emdria.org/page/EMDRResearch](http://www.emdria.org/page/EMDRResearch)

**PTI Training FAQs**  
[www.emdr-training.net](http://www.emdr-training.net) – [Additional Resources](#)



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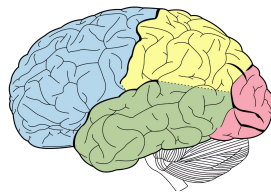
SOMATIC & ATTACHMENT FOCUSED EMDR

## The Somatic Focus


### The Neurobiology of Trauma

*Trauma has symptoms instead of memories*

The body holds trauma when explicit memory is unavailable – somatic awareness is key to accessing and processing it.



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SOMATIC & ATTACHMENT FOCUSED EMDR

## Our Brains are Adaptive

The somatic component answers why the brain responds the way it does to threat:

- Adaptation**  
Brain rewires to protect from perceived threats
- Survival**  
Responses prioritize immediate safety over integration
- Reproduction**  
Long-term biological imperatives shape nervous system
- DMN – Default Mode Network:** Plays a critical role in self-referential processing and trauma integration

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CHAPTER: PHASE 8

## Phase 8

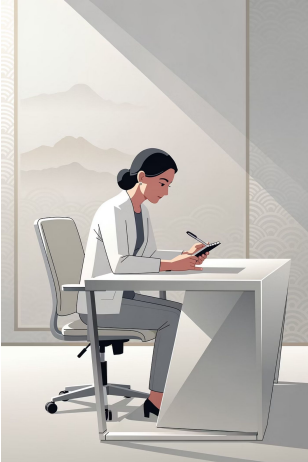
### Reevaluation

Reviewing treatment progress and guiding the path forward – between sessions and toward completion.

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## What Has Changed Since Yesterday?

Phase 8 begins every new session with a careful assessment of **what has shifted** – emotionally, cognitively, and somatically – since the last reprocessing session.




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PHASE 8

## Three Types of Reevaluation

- Status of Target**  
Complete or incomplete – where did we leave off?
- Targets & Treatment Plan**  
Review the full targeting sequence and update priorities
- Prior to End of Treatment**  
Assess overall transformation and readiness for closure



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PHASE 8 – REVIEW

## Complete vs. Incomplete Sessions

### ✔ Complete Session

SUD = 0, VOC = 7, and a clear Body Scan

### ⚠ Incomplete

Session VOC < 7, or no clear Body Scan

Knowing the session status determines exactly how to begin the next session.

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PHASE 8

## What to Look For After an Unfinished Session

Ask generally about the following:

Experience **between sessions**

- Did processing continue on its own?

Changes in **symptoms** or behaviors

Changes in **reactivity** or **triggers**

- Dreams, new insights

Awareness of **new options** or **answers**



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PHASE 8

## Assess the Previous Target

- Is it still disturbing?
- Were associated memories activated?
- Are present triggers more or less active?

Remember: incomplete sessions may be incomplete at **Phase 4, 5, or 6**



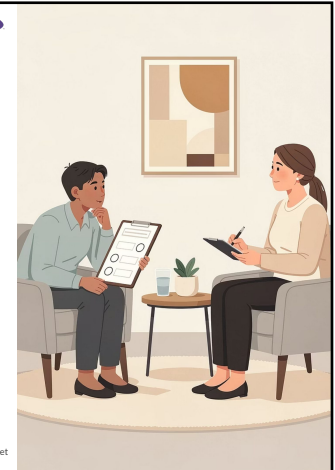
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PHASE 8

## Incomplete Reprocessing – What to Do

- ☐ If the previous target was **incomplete** in Phase 4, 5, or 6 → **Proceed to Modified Phase 3** to continue reprocessing the same target through completion.



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PHASE 8 – MODIFIED PHASE 3

## Restarting Processing After an Incomplete Session

01	02	03
<b>Memory</b> "What image represents the worst part of the memory now?"	<b>Emotions</b> "What emotion are you feeling now?"	<b>SUD</b> "On a scale of 0–10, how disturbing is it?"
04	05	
<b>Body Location</b> "Where do you feel it in your body?"	<b>Reprocessing</b> "Bring up the memory, the body sensation, and follow my fingers." (DAS)	



PHASE 8

## Completed Reprocessing – Next Steps

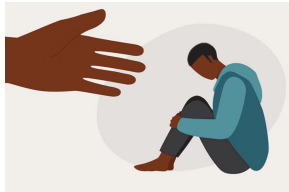
- If Phases 4, 5, and 6 are **ALL complete** and no new disturbance is reported → **Move to the next chronological target** on the treatment plan that still holds a charge.



PHASE 8

## Reevaluation Prior to End of Treatment

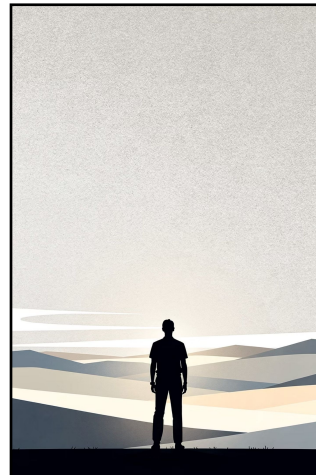
- Have **presenting symptoms** changed?
- Assess **transformation and integration**
  - Any remaining targets to reprocess?
- What does the client want for their future?



CHAPTER: FUTURE TEMPLATE

# Future Template

## Processing Desired Future States




FUTURE TEMPLATE PROTOCOL

## Processing "Future Desired States"


Purpose: Determine how the client wants to react, behave, or feel in the future – for each identified future scenario.

<p><b>Own Protocol</b> Begins in treatment planning</p>	<p><b>After Past &amp; Present</b> Used once all prior memories are cleared</p>	<p><b>Stand-Alone Option</b> Can be used independently when clinically appropriate</p>
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**Moment in Time**  
Each future state must be a specific, concrete moment



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### Visualization Creates Neurochemistry

The Future Template works because the brain responds to vivid mental rehearsal as if it were real experience.

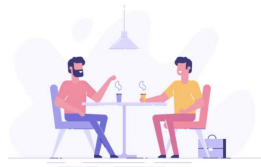
Identify how the client wants to experience the future  
**Run a movie** – guide a full sensory visualization of that future moment

FUTURE TEMPLATE INSTALLATION

## Procedural Steps

Follow the step-by-step installation protocol for Future Templates.

- Please refer to your **practice sheets** for the full procedural guide.



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## EMDR Career Path with PTI

<p><b>01</b> <b>6-Day SAFE EMDR Basic Training</b> EMDRIA Approved 6-day EMDR Therapy Training. SAFE, Somatic and Attachment Focused EMDR expands the traditional EMDR model to include a somatic and attachment lens. Results in you being EMDR Trained and eligible to become EMDR Certified.</p>	<p><b>02</b> <b>SAFE EMDR Advanced Certification Package</b> After completing the 6-day training, participants receive a substantial discount to pursue EMDR Certification. Includes 20 hours of Consultation by an EMDRIA Approved Consultant and 12 hours of EMDRIA Approved Advanced Training.</p>	<p><b>03</b> <b>Join the PTI Training Team</b> After completing the SAFE Advanced Certification Package, highly motivated clinicians may apply to join the PTI Training Team. Our Assistant/Consultant training program meets the EMDRIA Approved Consultant requirements. PTI also offers a path toward becoming a PTI Trainer.</p>
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- Membership includes: 1-year Basic Training Support (training videos, materials and demos), Free Monthly Webinars, PTI Community Facebook Group, Email List, and Advanced On-Demand Learning Courses.

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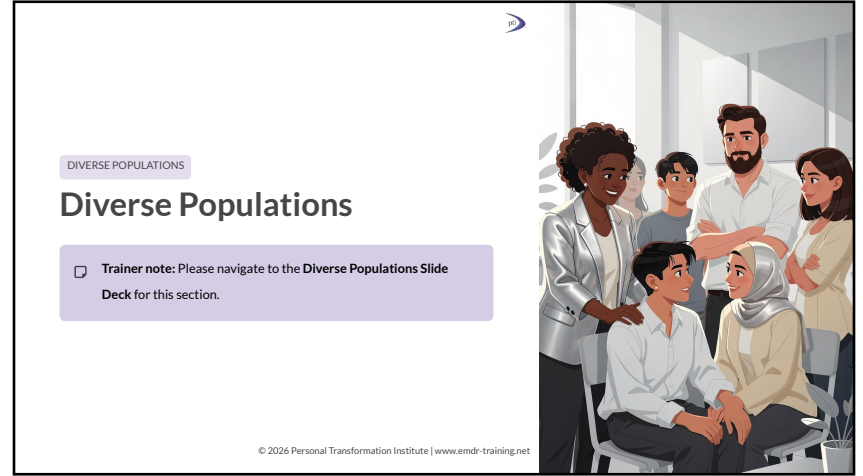
GROUP EXERCISE

## Alignment: Hyperarousal & Hypoarousal

(pg. 169)

"Notice what happens as you bring your attention to your spine and begin to lengthen it. What do you notice? You can continue bringing your attention from the bottom to the top of your head, gradually noticing the alignment. Eventually, standing to notice the complete alignment."

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DIVERSE POPULATIONS

## Diverse Populations

- ☐ **Trainer note:** Please navigate to the **Diverse Populations Slide Deck** for this section.

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DAY 3 WRAP-UP

## Today

### Putting It All Together

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TODAY'S PRACTICE

## Practice Sessions



### Reevaluation

Practice Phase 8 assessment with a partner



### Target Sequence Plan

Review and update your client's targeting map



### Future Template

Install a future desired state with bilateral stimulation

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## Choose Your Practice Focus

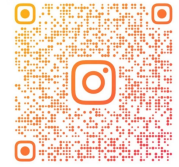
- 1 Complete an incomplete target**  
Resume from where you left off using Modified Phase 3
- 2 Complete another target**  
Use the full protocol from yesterday's training
- 3 Practice the Future Template**  
After completing one of the above – install a future desired state

See shared screen for Day 3 handouts



## Thank You

Follow us on Instagram and stay connected with the PTI community.



@PTIMENTALHEALTH