



pti

## Day 3

Today We Will Cover:

- Phase 8
- Future Template
- Resuming Reprocessing
- Future Template Protocol

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## Theoretical Convergences in a Distinct Therapy model


EMDR Incorporates Other Models:

- Cognitive Therapy
- Behavioral Therapy
- Psychodynamic
- Experimental Therapy
- Systems Therapy
- Hypnotic Therapies

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## Why Does EMDR Work?



**Brain Research**  
**Orienting Response**  
**REM**  
**This continues to be studied**

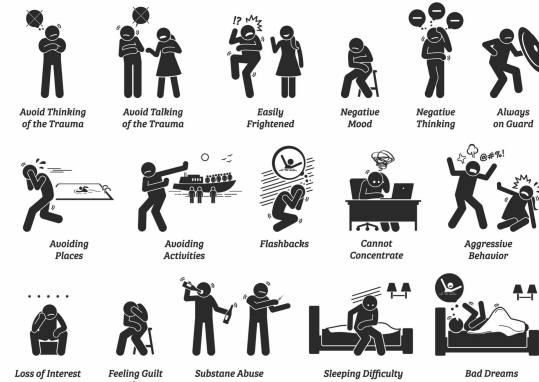
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# What is PTSD?

EMDR has been shown to be effective for the treatment of PTSD in over 20 Randomized Controlled Studies

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## Post-Traumatic Stress Disorder (PTSD)



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Carlson et al. 1998

After 12 sessions of EMDR  
77.7% of  
combat veterans no longer  
had PTSD



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Research

## EMDR VS. CBT

"Almost all patients (20 out of 21, 95.2%) did not have PTSD after the EMDR treatment." Capezzani et al. (2013).

## Developmental Trauma

Lower Scores on Impact of Events Scale. Cvetek, R. (2018).

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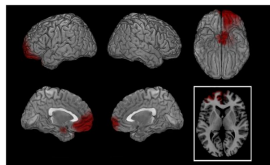
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## Research Continued

### Pagani (2012)

An EEG Study  
Found that neurobiological aspects  
correlated with EMDR Monitoring  
EMDR effects were measured during an  
EMDR session



#### Conclusion:

#### Relief from negative emotions\*

\*The conclusion that the Eye Movements of EMDR are associated with a  
significant relief from negative emotions

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## Research Continued

### Links to Further Research

<https://www.emdria.org/page/EMDRResearch>

<https://www.emdr-training.net/what-we-offer/additional-resources/emdr-training-faqs/>

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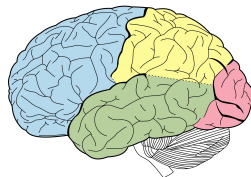


## Somatic and Attachment Focused EMDR

### Somatic

#### The Somatic Focus:

#### The Neurobiology of Trauma



Trauma has *symptoms* instead of memories

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## Somatic and Attachment Focused EMDR

### Our Brains are Adaptive

#### Somatic Component of the Answer:

- Adaptation
- Survival
- Reproduction

#### DMN- Default mode network

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## Phase 8: Reevaluation

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## What has changed since yesterday?

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### Phase 8: 3 Types of Reevaluation

Status of  
complete or  
incomplete  
target

Reevaluation  
of Targets &  
Treatment  
Plan

Reevaluation prior  
to end of Treatment

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### Phase 8: Reevaluation

#### Review: We learned in Phase 7 that...

A complete session means a SUD=0, VOC=7, and a clear Body Scan

An incomplete session is a SUD of more than 0, a VOC of less than 7 and no clear Body Scan

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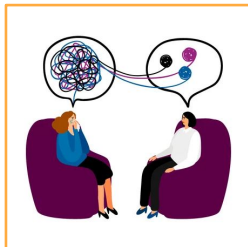


## Phase 8: Reevaluation

### What to Look For in an Unfinished Reprocessing Session

Ask generally about the following:

- Client's **experience between sessions**
- Assess if the client processed more between sessions
- Changes in **symptoms**
- Changes in behaviors or **patterns of relating**
- Changes in **reactivity** or **previous triggers**
- Dreams
- **New thoughts or insights**
- Awareness of **Answers** and other options



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## Phase 8: Reevaluation

### Assess the Current State of the Previous Target

- Is it still disturbing?
- Were other associated memories brought up?
- Were the present triggers more or less active?
- Remember incomplete session can be incomplete for phases 4, 5, or 6



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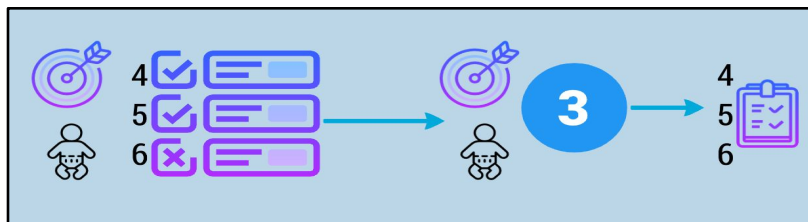
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## Phase 8: Reevaluation

### Incomplete Reprocessing

If your previous target was incomplete in phase 4, 5, or 6, **proceed to a modified phase 3** to continue reprocessing the same target through completion of phases 4, 5, and 6.



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## Phase 8: Reevaluation

### How to Start Up Processing Again After an Incomplete Session (Modified Phase 3)

Memory	"Bring up the memory we have been working on. What is the image that represents the worst part of it as you think about it now?"
Emotions	"What emotion are you feeling now?"
SUD	"On a scale from 0-10, how disturbing is it?"
Body Location	"Where do you feel it in your body?"
Reprocessing	"Bring up that memory, where you feel the disturbance in your body and follow my fingers." (DAS)

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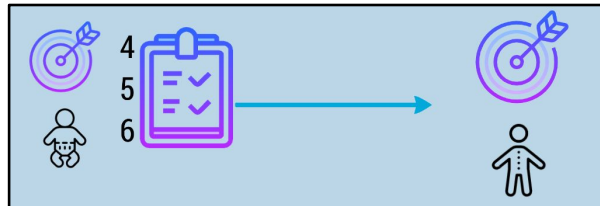
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## Phase 8: Reevaluation

### Completed Reprocessing: Check the Rest of the Targeting Sequence Map

If your previous target was completed (phase 4, 5, and 6 ALL completed) AND no new disturbance related to this target is reported in phase 8, **move on to the next chronological target on the treatment plan that still holds a charge.**



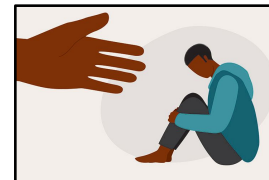
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## Phase 8: Reevaluation

### Reevaluation Prior to Completion of Treatment

- Presenting symptoms changed?
- Transformation and Integration.
- **Any other targets to reprocess?**
- What does the client want for Future?



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## Future Template

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## Future Template Protocol

### Used to process "Future Desired States"

**Purpose:** determine how they would like to react, behave, or feel in the future for each one of them.

- Own Protocol
- Begins in Treatment planning
- Used after all past and present memories are cleared
- Can be used as a stand-alone protocol if clinically appropriate
- **Each future state needs to be a moment in time**

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## Future Template Installation

### Visualization Creates Neurochemistry

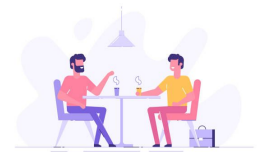
1. We are identifying how the client wants to experience the future.
2. Run a movie.



## Future Template Installation

### Procedural Steps For Installing Future Templates

Please see practice sheets



## EMDR Career Path with PTI

### SAFE EMDR Advanced Certification Package

After completing the 6-day training our participants receive a substantial discount to pursue EMDR Certification. This package includes 20 hours of Consultation by an EMDRIA Approved Consultant and 12 hours of EMDRIA Approved Advanced Training.



## Group Exercise

### Let's Practice: Alignment: Hyperarousal and 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."

# Diverse Populations

Trainer please go to Diverse Slide Deck

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## Today

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## Today

### Practice

- Reevaluation
- Target Sequence Plan
- Future Template

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## Today

### Practice

You can choose from the following...

1. Complete an incomplete target
2. Complete another target with protocol from yesterday
3. Practice Future Template after each person has completed one of the above

(see shared screen for Day 3 handouts)

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**Thank You**

