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Day 6

Today We Will Cover:

- Review of Phase 8 Reevaluation
- Review of Treatment
- Review of Present Triggers
- Review of Future Template
- Legal, Ethical Issues and the EMDR Path
- Special Populations

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Phase 8: Reevaluation Review

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Phase 8 Review

Reevaluation is natural.

We do this at the beginning of every session.



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Treatment Plan Targets

This is where you can record the answers from the Finding the Root script

Presenting Issue/Symptom	Attachment Longing Under the Issue

Present Triggers

Socially	Work/Community	Close Relationships

Past Events

List older memories here going from Older to Younger Memories. There may be more than 4

Memory: Age:

①

②

③

④

Future Desired States

For Each of the Above Present Triggers how would the client like to feel, act or behave instead?

Socially	Work/Community	Close Relationships

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Phase 8 Review: 3 Types

Reevaluation of...

1. Previous Memory
2. Check on Rest of Targets
3. Prior to Termination

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Phase 8 Review: Questions

Let's Find out What has Changed

Examples:

"Is it still disturbing?"

"Were other associated memories brought up?"

"Were the present triggers more or less active?"

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Phase 8 Review: Questions

Important Reminder

Ask about what's been happening between sessions:

- Experiences
- More processing
- Changes in symptoms, behaviors, or relating changes in reactivity
- Dreams
- New thoughts or insights

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Phase 8 Review: Questions



Important Reminder

Sessions Can Be Incomplete For Phases 4, 5, or 6

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Completing the Treatment Plan: Review

Re-Accessing an Incomplete Target

If the target is incomplete you're restarting the session in Phase 4

Script for restarting incomplete



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Completing the Treatment Plan: Review

Reprocess New Target

Steps to begin reprocessing a new target after the previous target is completed

*If target memory was **completely** reprocessed go to the next memory.*



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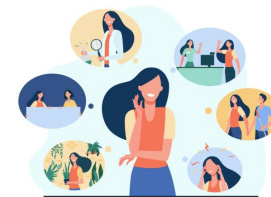
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Completing the Treatment Plan: Review

Next Memory

The next chronological memory that still has a charge, by taking a SUD, and process Phases 3-7



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Phase 8 Review: Common Mistakes

Common Mistakes

Not asking about the presenting issue or symptoms that brought them to treatment.

Keep your eye on the ball.



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Phase 8 Review: Common Mistakes

Common Mistakes

Assuming the client's system has not processed anything since they left last time.



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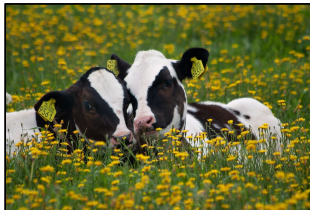


Phase 8 Review: Common Mistakes

Common Mistakes

Chasing COWs (Crisis of the Week)

Rather than going back to check the target memory from the last session



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Phase 8 Review: Common Mistakes

Common Mistakes

Not checking to see if other memories have also lost the activation.

Sometimes the whole tree will fall down when we take out the roots



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Treatment Plan Review

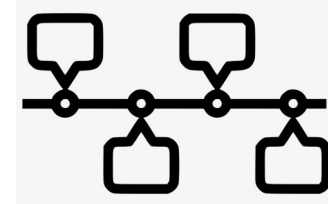
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Completing the Treatment Plan: Review

Chronology

Each event in the treatment plan should be a moment in time.

Ideally chronological order but not always



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Completing the Treatment Plan: Review

Selecting the Target is a Clinical Decision



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Completing the Treatment Plan: Review

There are Exceptions to All the Rules

There are reasons to choose EMD, restricted or target that is later chronologically.



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Completing the Treatment Plan: Review

Present Triggers

Recent example of when this issue has shown up



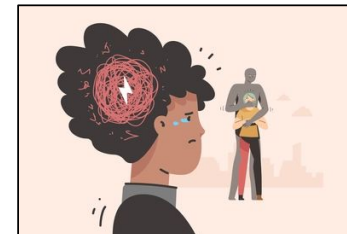
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Completing the Treatment Plan: Review

Present Triggers

How to process:

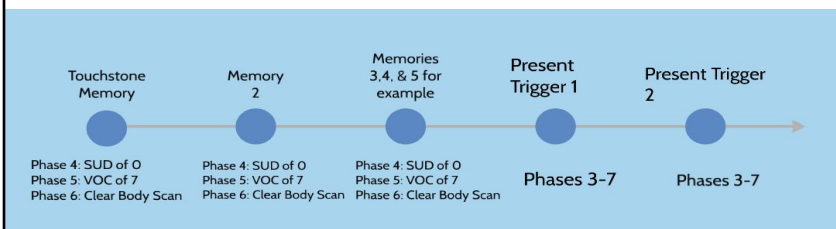
It is treated as another past recent memory.



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Completing the Treatment Plan: Review

When to Process Present Triggers



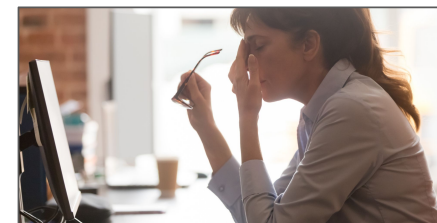
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Completing the Treatment Plan: Review

Present Triggers

Reminders:

- May lose charge
- Evaluated every session
- Indications of progress



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Review of Future Desired State

How would you rather feel, react or believe?

(We do this for each present trigger)

The future template is part of the EMDR protocol that is most neglected by many therapists. It is very important.

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Future Desired State

Effect of the Future Desired State

Vision of Future



Strengthen links to what client wants



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Future Template Protocol

Plug Future Desired State into Future Template Protocol

Review of Script



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Recent Restricted

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Recent Restricted

EMD (Shapiro 1987)

EMD was Francine Shapiro's **original method that progressed into EMDR**.



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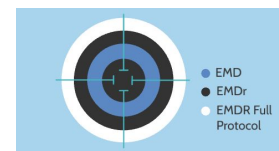
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Recent Restricted: Continuum

The Full Scope of Processing

EMD was Francine Shapiro's **original method that progressed into EMDR**.



The focus gets more narrow to restrict and less narrow for more comprehensive effects

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Recent Restricted: EMD Strategy

EMD Most Narrow Focus

The client is invited to notice a small piece of an incident.

If the client goes off of the narrow focus they are invited to come back to target.

A SUD is taken every set to keep them on the target.



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Recent Restricted: EMD Strategy

Script

How to start EMD- You will have script

1. Choose a target- (image, sounds-other piece of memory)
2. What image represents the worst part
3. What words go best with that image that would be a Negative belief about yourself now?
4. What would you rather believe about yourself now?
5. When you bring up that image and NC, how disturbing does it feel to you now?

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Recent Restricted: EMD Strategy

Script

How to start EMD- You will have script

6. What would you rather believe about yourself now?
7. On a scale of 0-10, with 0 being no disturbance and 10 being the highest disturbance, how disturbing does it feel to you now?
8. Bring up that ____ (image, sound, etc.) the negative words ____ and follow my fingers

Begin EM, fast, shorter sets, (8 to 10 passes)

Check the SUD after each set:

"Take a breath. On a scale of 0-10, how disturbing is that image now?"

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EMD Strategy

Begin Eye Movements

**Shorter Sets-
(10-12)**

Shorter and Faster



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EMD Strategy

After Every Set Take a SUD

On a scale of 0-10, how disturbing is that now?



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EMD Strategy

Once the client gets to a zero or close, they appear to be as low as they will get.

"When you bring up that image and the words ____ (PC), how true do those words feel to you now on a scale of 1-7, with 1 being completely false and 7 being completely true."

Once the client is as high as they can go on the scale, stop and do closure.

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EMDr Strategy

Recent /Restricted

Not as restricted as EMD. Allowing more associations of the client can tolerate it.

If the client becomes overwhelmed with a detail you may switch to EMD.



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Recent Restricted: EMDr Strategy

EMDr is an Event

From beginning to end.



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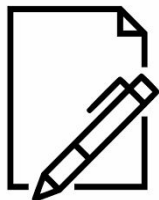
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Recent Restricted: EMDr Strategy

Script in Day 6

Please review in the practice sheets.



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Beyond The Basic Training

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Beyond the Basic Training

Ethics and Legality

Practice Within Your Scope:

- May be pressure to use as a "technique" by other clinicians
- May have more complex referrals
- Using good clinical judgement and self-care
- Informed consent



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Beyond the Basic Training

Support

Professional EMDR Support:

- EMDRIA
- Community, Regional Network



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Beyond the Basic Training

Furthering Your Training

EMDR Continued Training

This is the beginning. There is a lot more to learn.



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Beyond the Basic Training

What's Next?

We won't forget you!

After your basic training, you are a "member" of the Personal Transformation Institute for 1 year. There you will find:

- Access to training and demo videos from day of registration
- Up to date about Advanced Trainings
- Member Discounts
- Answers to your questions!
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- www.groups.google.com search: emdrtraining

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Beyond the Basic Training

Basic Training is Not Certification

We offer Advanced Certification groups that include the 20 hours of consultation and 12 hours of Advanced EMDR training required by EMDRIA to qualify for certification.

After this complete training and completion of your 10 hours of consultation you receive a certificate of completion (not certification) of the EMDR THERAPY BASIC TRAINING.

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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.

- 1 year membership to Basic Training Support (training videos, materials and demos)
- Free Monthly webinars
- PTI Community Facebook Group, Email list
- Advanced On-demand Learning Courses

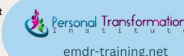


Join the PTI Training Team

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.

6-day SAFE EMDR Basic Training

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.



Beyond the Basic Training

Coupon Code for a Discount

For completing this training you can get a discount off of the Advanced Certification Package, but only for a few days after the training. **See details in your cohort training portal.** You also have a code for 1 month free for Genius Lounge in your training portal.



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Thank You



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