



## Processing and checking for new channels”

Continue processing with several sets of eye movements (tactile or tones) until there is no new disturbing material coming up. Ask: *“When you go back to the original experience, what do you get now?”* If there is no new, disturbing material, check the SUDS (SUDS should be 0 twice before moving to Installation).

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### Installation:

Linking the desired positive cognition with the original memory/incident or picture:

1. *“Do the words (repeat the PC) still fit, or is there another positive statement you feel would be more suitable?”*
  2. *“Think about the original incident and those words (repeat the selected PC). From 1 (completely false) to 7 (completely true), how true do they feel?”*
  3. *“Hold them together.”* Do EM
  4. *“On a scale of 1 to 7, how true do the words (PC) feel to you now when you think of the original incident?”*
  5. Continue installation as long as the material is becoming more adaptive. If clients reports a 6 or 7, do EM again to strengthen and continue until it no longer strengthens. Go on to the Body Scan.
  6. If client reports a 6 or less, check appropriateness and address blocking belief (if necessary) with additional reprocessing.
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### Body Scan:

*“Close your eyes and keep in mind the original memory and the words (repeat the selected positive cognition).*

*Then bring your attention to the different parts of your body, starting with your head and working downward.*

*Any place you find any tension, tightness or unusual sensation, tell me.”* If any sensation is reported do EM. If a positive/comfortable sensation, do EM to strengthen the positive feeling. If a sensation of discomfort is reported – reprocess until discomfort subsides.

After a clear Body Scan: *“Is there a gesture or movement that would help you connect with that feeling of \_\_\_\_\_ (name the PC or new positive feeling)?”*

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### Procedure for closing an incomplete session:

An incomplete session is one in which a client’s material is still unresolved, i.e., s/he is obviously upset or the SUDS is above 1 and 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 and leave them well-grounded before they leave the office.

### Steps:

1. Ask the client permission to stop and explain the reason. *“We are almost out of time and we will need to stop soon. How comfortable are you about stopping now?”* Give encouragement for support and for the effort made. *“You have done some very good work and I appreciate the effort you have made. What is the most important thing you have learned about yourself today?”*
  2. Eliminate the Installation of Positive Cognition and the Body Scan (it is evident that there is still material to be processed).
  3. Do Containment exercise: *“I would like to suggest we do a relaxation (or a Container) exercise before we stop. I suggest we do \_\_\_\_\_.”*
  4. Read the Closure/Debriefing the Experience section to the Client.
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### Closure: Debrief the Experience.

*“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 in a log (what you are seeing, feeling, thinking, and the trigger on the Memories and Lies log). Use the resources we have working on to help manage any disturbance. We can work on this new material next time. If you feel it is necessary, you can call me.”*

**Notes:** Issues for future sessions, observations, etc.

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