Flow of Practice Sheets

The training sheets are designed for use at the training. When working with clients, the flow may be altered depending on the needs of your client. It is important to remember this is a 6-Day training not a 6-Day therapy. You will rarely be going at the same pace with clients as you do in the practice portion of the training. Your clinical judgement is required. EMDR is an approach to therapy, not a "manualized" therapy.

On page 53 of the training manual there is a **Client Readiness for Processing** list. It is important that you explore these areas prior to processing with a client. Please refer to the training manual for additional information.

Day 1 and 4 Practice Sheets:

1. Container Exercise

Objective for Training:

In the training we begin with the Container Exercise, a resource that is commonly used to help an overwhelmed client feel more contained and regulated. We encourage all training participants to practice a resource that may be helpful during the training and with clients.

Objective with Clients:

The Container Exercise is one resource that can be used by clients to assist them in practicing affect regulation and state change in your office and on their own. We recommend you further offer and develop resources with your clients that are based on what their current resources are, what might be helpful and needed in the current moment. A good resource for how to develop resources for clients is the video of **The 4 E's of Resourcing.** It is available in your training portal on the website.

What is different with your client's than at the training?

With most clients, you will likely begin the first session with a general conversation about what brings them to therapy and what they would like to accomplish while in therapy with you. We strongly encourage that you invite clients to give information in more general terms and not give detailed trauma history. You can inform clients the rationale for this is that you do not want to activate the trauma memories during the History taking Phase and will get to this information at a later time. While obtaining general information with your client, we recommend that you keep in mind the **Client Readiness for Processing** checklist on page 53.

After a general conversation and your own intake process, we recommend starting with **The Answer** questions with your client and have a conversation about what resources they may need prior to discussing any distressing memories.

2. The Answer Questionnaire

Objective for Training:

The 18 questions of The Answer are helpful in obtaining a general idea of the person's patterns in relationships and patterns of managing their emotional regulation. This can provide additional information to the clinician and offer the client an opportunity to develop a deeper awareness of their own patterns. Here we are looking for what the client does well, what is difficult for the client to do and we are beginning to predict what the client may automatically do, patterned response, when they get close to a painful memory. It is important to remember you are just guessing and not "telling" the client about the patterns. The nonviolent approach is very important as we look at what is traditionally considered to be "defenses", ways of managing painful experiences. We are staying strength based through this entire process and not accessing or deepening into anything here. We recommend just asking the questions and writing down the answer, then asking the next question.

Objective with Clients:

All of the above about the how these questions apply at the training also apply with your clients. With your clients you may use these questions soon after your initial conversation about what they want from therapy and your general intake questions. The Answer Questions are a great way to see your client's strengths and patterns. It is very important to keep it strength based and look at ways the client's answers to the questions reflect the ways the **client adapted to stay safe and connected to caregivers, patterns of connection and autonomic regulation.**

3. The Answer Patterns Sheet

This form was developed to assist in learning what you are looking for with the Answer Questions. This is not necessarily a form that you will use and discuss with the client. It is more for you to look at these areas and help you understand how the client adapted. It is intended to assist the clinician in developing an "educated guess" about the client's patterned responses.

Objective for Training:

To begin to look at the whole picture, patterns, strengths, posture, voice, body language or anything that you are curious about. This could include things the client does or does not say. It could be how much or how little the client offers information and the way the client answers questions.

Objective with Clients:

The same as in training.

4. The Arrows Sheet

Objective for Training:

As you complete this with the client at the training you are taking a guess about where they are on each arrow and not asking them where they are on the spectrum. Remember that we are keeping it very strength based and positive both at the training and with clients.

The Arrows Sheet is to help you see what areas we are looking at with the Answer Questions and Patterns. This is a way to help see more specific areas that the client is under and over developed in. We are thinking about what might be helpful in terms of resourcing for the client, prior to reprocessing.

5. Character Types Chart

This chart is used for the clinician's reference to assist in recognizing patterns and possible over and under developed resources. We do not recommend labeling or using this in collaboration with the client at the training or in your clinical practice.

Objective for Training:

This chart helps the clinician develop a hypothesis about the client's patterns of attachment and autonomic regulation.

Objective with Clients:

This is the same for in training or with clients. See above.

6. Pendulation Exercise

This exercise is to assist in assessing and practicing affect regulation with a client. This is an important thing to practice prior to reprocessing.

Objective for Training:

Practicing the pendulation exercise is an opportunity to practice shifting states with a mildly disturbing event. It is also an opportunity to practice somatic awareness. Experiencing this at the training is a way to learn it in an experiential way in order to better understand the client's experience when used in the office.

Objective with Clients:

Practicing shifting from feeling disturbed to feeling calmer is one of the recommendations prior to reprocessing when using EMDR therapy. This is one of the resources that is useful with many clients to help learn to track somatic experience and learn to intentionally shift affective states.

Days 2 & 5 Practice Sheets

1. Virtual EMDR Mechanics

Objective for Training:

We practice virtual mechanics at virtual trainings. This can be used for virtual therapy also. We practice this first, prior to beginning to look at the client's problem and past memories so we are ready to reprocess and the client and therapist both feel prepared to begin reprocessing when the time is right.

Objective with Clients:

Once you have discussed using EMDR with a client and they have agreed, practicing mechanics can be another way of describing and educating the client about EMDR therapy. If you are seeing a client in-person there is another script for practicing mechanics in the practice sheets of the training manual.

2. Finding the Problem

The purpose of this exercise is to help find the Universal Theme in the client's presentation. Often client's presenting issue will be too narrow or only in relationship to a specific person. This exercise is an opportunity to expand awareness of how the client is participating in the presenting issues or complaints. This is "priming the pump" for the next exercise where we are looking at various areas in life where this is a problem.

All 3 circles should be filled out for the first question then move on to the next question and answer the next question for each circle.

Objective for Training:

Especially in a training environment it can be difficult to get to a true experiential root of an issue or problem. This exercise helps get under the client's "Answer" to the true experiential root of the presenting issue.

Objective with Clients:

While this exercise was developed to be used in training, it may also be helpful to use with client's if you are feeling like it is difficult to see the client's part in the presenting issue and it may assist the client in expanding awareness of the part they are playing in the presenting issue.

3. Finding the Root Under The Answer (2 pages)

This exercise is useful in getting to the relational longing under the current frustration, presenting symptom of limitation. We are finding the early experiential root of the present problem. This is used on day 2 of the training but will probably not be given and completed with clients in the same time frame. Finding the Root Under the Answer is intended to activate the client's system in order to proceed to reprocessing of trauma memories. Many clients will benefit from practicing resources in session and on their own and some clients will benefit from extended resource development prior to beginning this process.

Objective for Training:

After finding the problem, the client can choose one of those that they would like to look at in the training for practice. By getting to the unfulfilled relational longing, we are more likely to get to the experiential root of the client's issue. For the training we move directly from Finding the Root Under the Answer to phase 3 Assessment and then Phases 4-7.

We do this at the training to help processing go more smoothly.

Objective with Clients:

These questions are generally very effective at helping the client access the experiential root of the current issue. For that reason, it is important to rule out any dangerous "Answers" prior to asking these questions with a client. Prior to starting Getting to the Root Under the Answer, it is helpful to review the Client Readiness for Processing list on page 53 of the training manual to ensure you gotten sufficient client information about all these areas.

If you complete these sheets with a client and do not have time to reprocess with phases 3-7, go to the day 3-6 practice sheets and complete the Completing the Treatment Plan with the client. This is where you are getting the Future Desired States and this can be helpful in the client changing states from a more activated state to a more neutral or positive state.

1. Completing the Treatment Plan

Objective for Training:

We complete the Completing the Treatment plan by asking for a Future Desired State for each Present Trigger the client identified. When doing this it is important that all of the identified memories and future desired states are moments in time that you can visualize like a movie and not something that is not happening or a feeling. If the client states "I would like to feel more confident", the clinician may ask "what would feeling more confident look like if we were watching it like a movie?"

Objective with Clients:

With clients you may complete the treatment plan and future desired states immediately after asking about the early memories and prior to phases 3-7. If you know you are not going to go to reprocessing, it is very helpful to complete the treatment plan with the desired future states in the same session in which you found the earlier memories. An important thing to remember when doing this with clients when you are not going to complete phases 3-7 is ask the clients to just give you the **headlines** and not the whole story. We just want the information and we do not want to activate the emotional aspects of the memory any more than needed.

Like stated above, if there is not time to reprocess in phases 3-7 with a client it is best to skip this until the next session and move from finding the early memories directly to future desired states and completing the treatment plan.

If you did complete Finding the Root Under the Answer and began reprocessing the previous session, you can Complete the Treatment Plan by asking for the Future Desired States at the beginning of the next session prior to conducting Phase 8 (reevaluation) and moving back in to Reprocessing Phases.

When doing this it is important that all of the identified memories and future desired states are moments in time that you can visualize like a movie and not something that is not happening or a feeling. If the client states “I would like to feel more confident”, the clinician may ask “what would feeling more confident look like if we were watching it like a movie?”

2. Treatment Plan Targets

Objective for Training:

Treatment Plan Target sheet is a place to record the information the client gave in Finding the Root Under the Answer and completing the treatment plan. They have already given you all of this information and this is a place to record it all on one sheet. You are not asking the client for new information here.

Objective with Clients:

Same as above in training.

4. Phases 3-7

This is the beginning of the reprocessing phases of EMDR Therapy. In the training we begin with Phase 3 and continue to 4 after identifying the touchstone, earliest memory.

Objective for Training:

We move from accessing the touchstone memory directly to Phase 3 reprocessing in the training. This is to ensure the processing flows more smoothly in the training environment and to limit the time between an early memory being accessed and beginning reprocessing.

Objective with Clients:

After the training when you begin utilizing EMDR with clients In your office, you may not have time in the session you and client utilize Finding the Root Under the Answer to find the earliest, touchstone, memory and move straight to reprocessing. If you do not have the time in that session, we recommend you go to day 3/6 practice sheets and instead of going from finding the earliest memory (touchstone) to reprocessing, go to **Completing the Treatment Plan** with clients. After you and the client have completed Completing the Treatment Plan, you can fill out the **Treatment Plan Targets** sheet, either on your own or with the client. It is important you leave time at the end of each session to investigate what the client needs to feel present and safe enough to leave the session and possibly drive home.

When you first begin using EMDR reprocessing Phases with clients, if you have completed Finding the Root Under the Answer in a previous session but did not have time to begin reprocessing the touchstone memory, it is recommended you plan to begin phases 3-7 as soon as you start the next session.

You will always end with phase 7 for every session, Closure. The purpose of closure is to evaluate what the client may need in order to feel contained enough to leave the session safely.

3. Phase 8: Reevaluation

Objective for Training:

There are 3 types of Reevaluation. 1. Reevaluation of the target completed. 2. Reevaluation of the treatment plan and 3. Reevaluation of the therapy process. In the training we are practicing the first 2.

We are checking on anything that changed since we saw the client last as well as current level of activation with the memory the client worked on at the training. If the memory was completely reprocessed we move on to Reevaluation of the Treatment Plan Targets to see the next memory we will be using for phases 3-7.

Objective with Clients:

At the beginning of every session we do a Reevaluation of what has changed since we saw the client last. We recommend that you specifically ask about the presenting issue or present triggers to see if the client's symptoms are improving.

We also recommend that you ask specifically about any memories that were reprocessed with phases 3-7. Even if the previous session was incomplete we still want to ask about the activation as the client could continue reprocessing after leaving the session.

As you look at the Treatment Plan Targets you may be adding memories to the form as reprocessing could allow the client to have access to memories that previously had very little charge. These new memories are added and reported in the Reevaluation phase.

After an early memory is reprocessed we recommend that you go forward in age to check on current activation and selection of the next target memory. Once you and the client identify a memory that has a disturbance, that memory is used in phases 3-7.

Restricted Early Events or Recent Events Protocol

Objective for Training:

This is taught and practiced in Day 6 of the training. Since it is day 6, we recommend that you go to the basic training support in the training portal and review this area at a later time to better insure comprehension.

Objective with Clients:

This protocol and the EMD protocol, you can find in your training manual, should not be used in place of the traditional phases 3-7 as it does not offer results that are as global or comprehensive. These protocols are used when something in the present, a recent event, or the client is too overwhelmed by a portion of an older memory. This is also helpful when a portion of the memory is intrusive or overly disturbing and it is preventing the client from continuing to reprocess with the basic protocol. Once the client is able, we recommend the traditional phases 3-7 be utilized.

Future Template

Objective for Training:

The Future Template Script is an important aspect of the 3 prong protocol, addressing the past memories, present triggers and future desired states. It is important to practice this at the training.   Although you have likely not completed all of the past memories and present triggers with the client at the training, it is important that you practice the Future Template Script so you have an experiential learning opportunity.

Objective with Clients:

On the Treatment Plan Targets sheet we have put the things in the order that you get the information from clients, starting with the presenting issue, the longing under the issue, present triggers across various areas of life, past events in chronological order and future desired states.

In collaboration with the client you will choose which future desired state they would like to use with the Future Template Script. This is ideally completed after the older memories are reprocessed and the present triggers are also no longer disturbing. However, there are times when it can be helpful to use the Future Template Script prior to all memories being reprocessed, as n preparing for an upcoming event and the client has anxiety about the event, such as a job interview, family event or performance.