





# Future Desired States



**“Now I would like us to look at each present trigger and decide how you would like to react, behave, or feel in that situation when or if it happens in the future.”**

(This needs to be something you can imagine happening.)

One for each present trigger listed above.

**Present trigger 1:**

As you think about the present trigger of \_\_\_\_, how would you like to be able to react, feel, or behave when that or something similar happens in the near future.”

**Future Desired State:**

**Present trigger 2:**

“As you think about (name second present trigger), how would you like to be able to react, feel, or behave in the future?”  
Future Desired State:

**Future Desired State:**

**Present trigger 3:**

“As you think about (name third present trigger), how would you like to be able to react, feel, or behave in the future?”

**Future Desired State:**

**There may be more or less than 3 of each  
Transfer the information to the Future section on the Treatment Plan Targets**



# 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

Age:

Memory:

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

# Phase 3: Assessment Full Protocol



Specific Instructions: Prior to starting, please make sure you are in the correct seating, have already practiced speed, distance and type of DAS, and practiced the stop signal. You should be ready to start eye movements after the final question in Assessment

## Target:

1. "The target memory we have chosen to work on today is \_\_\_\_\_ "
2. "When you bring up that memory, what image represents the worst part?"
3. Only if there is no image ask this question. "As you think of the experience, what is the worst part of it?"

**Negative Cognition:** "What words go best with that picture that express your negative belief about yourself now?" \_\_\_\_\_

**Positive Cognition:** "When you bring up that picture, what would you prefer to believe about yourself instead? \_\_\_\_\_

**Validity of Cognition (VOC):** "When you think of that picture, how true do those words (repeat the positive cognition above) feel to you now on a scale of 1 to 7, where 1 feels completely false and 7 feels completely true?"



Completely False

Completely True



**Emotion:** "When you bring up that picture and those words (negative cognition above), what emotion do you feel now?" \_\_\_\_\_

**SUD:** "On a scale of 0 to 10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the memory feel to you now?"



No disturbance  
/neutral

Highest  
disturbance



**Location of Body Sensation:** "Where do you feel it in your body?" \_\_\_\_\_  
"I'd like to invite you to bring up that picture, those negative words (repeat negative cognition) and notice where you are feeling it in your body—and follow my fingers."  
(DAS generally 20 or more passes/customized to need of client)

**Important! After the following question, you immediately start DAS and are in PHASE 4.  
(Turn to next page)**

# Phase 4: Reprocessing



## DESENSITIZATION:

After the DAS/BLS of 20-30 back and forth, "What are you noticing now?" Allow them to answer, and no matter what they say, you say: "Go with that." Then do another set of DAS, generally 20 or more passes that are customized to the needs of the client. Repeat: "What are you noticing now? Go with that." Continue DAS/BLS as long as the client reports change or new information (as many sets of DAS/BLS as necessary) until the client stops reporting change for two consecutive sets of DAS/BLS, then ask (B).

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A

## BACK TO TARGET:

"When you go back to the original memory, what are you noticing now?" (Pause for a response). "Go with that." (DAS, 20 or more passes customized to the client).

Repeat "What are you noticing now?" (Pause for a response). "Go with that." (Sets of DAS). Continue with sets of DAS as long as the client reports change or new information (as many sets of DAS as necessary)."

When the client goes back to the original target after two consecutive sets of DAS and still reports no change check SUD (see C below).

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B

## CHECK SUD:

When you believe they are at or near end of processing, say "When you bring up the original memory, on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now? --Go with that." (Sets of DAS.) If SUD is stuck at 1 or 2, ask, "Where do you feel it in your body? \_\_\_Go with that." Set(s) of DAS or, "What is the most disturbing part of that memory now?"

**REPEAT Steps A, B, and C until SUD is 0 twice (or ecologically sound).**

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C

# Phase 5: Installation



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 memory and those words, (repeat the selected PC). From 1, completely false, to 7 completely true, how true do they feel?"

3

"Hold them together. Those words \_\_\_\_\_ and that memory." Do DAS.

4

"On a scale of 1 to 7, how true do the words (PC) \_\_\_\_\_ feel to you now?"  
(After each set)

5

Continue installation as long as the material is becoming more adaptive. Continue sets of DAS until the VOC no longer strengthens. Once the VOC=7 (or ecological), go to Phase 6: Body Scan.

6

If client reports a 6 or less, check appropriateness and address blocking belief (if necessary) with additional sets of DAS. (Note: If running out of time, set aside the blocking belief to be addressed at a later time and proceed to closure for incomplete session.)



# Phase 6: Body Scan

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“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 DAS. If there is a positive/comfortable sensation, do DAS to strengthen the positive feeling. If a sensation of discomfort is reported, reprocess until discomfort subsides.

Savoring the New!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)?”**



# Phase 7: Closure



An unfinished session is one in which a client's material is still unresolved (i.e., s/he is still obviously upset; the SUD has not gone down to 0; the VOC has not gone up to 7; or have not had time to complete the Body Scan).

The following is a procedure for closing down an unfinished session. The purpose is to acknowledge clients for what they have accomplished and assist them in being present and as stable as possible prior to leaving.

\*\*\* Procedure for closing unfinished sessions\*\*\* If complete go directly to 3.

1

Give the client the reason for stopping. "We are almost out of time and we will need to stop soon." Give encouragement and support for the effort made. "You have done some very good work and I appreciate the effort you have made. What feels like the most important thing you have learned about yourself or for yourself today?"

2

Do a containment exercise: "I suggest we do a resource (or a container) exercise before we stop."

*Suggest resource you have practiced or a container exercise.*

Examples include: Container imagery (put it away in a container until the next session); Safe/Calm Place; Light Stream; etc.

3

Read the "Debrief the Experience" section to the client, as scripted below:

Closure for all Sessions: "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 and if you wish you can record it on the Memories & Lies log. Use the resources we have worked on to help manage any disturbance. We can work on this material next time. If necessary, you can call me.