

Practicing the Mechanics: This is preparing for doing Phases 3 and 4. It is not to be done on the first day with clients.

The seated position should be close for eye movements, with the knees in the “ships passing in the night” position.

Eye Movements Distance:

“We are going to practice the eye movements. I am going to start close and you can let me know when it is a tolerable distance.” Therapist starts about 8 inches from the clients face and slowly moves out asking the client if that is a good distance.

Speed:

“I will start out fast and slow down if needed. We want it to be as fast as you can tolerate. You do not need to try hard to focus on the fingers, it is just a way to help you move your eyes back and forth.” The therapist starts with fast movements and only slows down if the client says they need slower.

Directions:

“There are times when a change in direction can be useful so would it be okay to practice diagonal movements?” The therapist does diagonal movements starting from top left first, then the other way, from top right.

Tapping:

“There are times when it can be useful to switch from eye movements to tapping. Would it be okay to practice tapping on your knees? I can tap directly on your knees, on the back of your hands or on your palms, which of those would you like?” The therapist can also use a pet or another object to do the tapping if there is an ethical issue or preference to not touch the client.

Reminder Instructions:

“The EMDR process is intended to bring balance to your system. I will be asking you some questions with the intention of helping you to find the root of your presenting issue. As we have discussed, some disturbing experiences become stored in your system with the original images, sounds, thoughts, emotions and body sensations. When these memories are activated in the present it may feel like an over-reaction but it is just the inadequately processed memories that are being activated. As we go through this process the best thing you can do is notice your experience and give honest feedback. You do not need to try to do anything. I will do the eye movements for a while and then stop and ask you what you are noticing. At that time you can just give me a snapshot of what you are experiencing. I do not need to know everything that you experience. Whatever you experience is okay.”

Dual Awareness/Noticing the experience/The Train/Video metaphor.

“Some people like to use the metaphor of watching the experience go by like looking out of the window of a train or watching a video on a screen. Would one of those feel useful to you?”