

Restricted Early Events or Recent Events Protocol

(Adapted from Shapiro, 2001)

Understanding the Window of Tolerance is necessary for all trauma processing. We will have a 2 hour video on understanding the Window of Tolerance that will be available for all Basic training members.

PLEASE NOTE: EMD or Restricted Protocol should not replace the EMDR protocol. It does not produce comprehensive reprocessing but only symptoms reduction.

Restricted processing should be done for clinical reasons such as because the client cannot tolerate the full EMDR processing protocol. If the client is able to process with the full protocol, that protocol should be used as it has been empirically shown to be effective in reducing disturbance and changing the way the client's system reacts.

We do not want you to use this protocol in place of the full protocol just because you feel it is easier for the client or for you. ☺

No matter what type of processing you are doing with EMDR, it is necessary to do all 8 phases. We need to have some idea of the client's current resources, the ability to change states in a way that is not dangerous. We want to know the client's history. We still find the targets and identify the root of the present issue.

Protocol for restricted reprocessing. We do not need to get all of the details; just the headlines.

Note: These are the specific differences from the Standard Protocol:

1. Shorter sets of DAS (8-12 passes)
2. Return to Target after each set of DAS to assess the SUD instead of asking "What do you notice now?"
3. The next step of the process starts once the SUD is lower than 4 instead of getting to 0 twice.

Procedure	Script	Therapists' Actions	Therapists' Notes
Step 1: Decide with Client that Restricted Processing is necessary.	Choose the event for restricted processing.	This is a clinical decision made in collaboration with client.	
Step 2: Entire event out loud with DAS.	<i>"We have selected the target of ____ to process with the Restricted protocol. I would like to invite you to tell the story of the experience out loud, from just before the event to the current moment and follow my fingers. Please let me know when you are finished."</i>	Therapist begins DAS while the client tells the entire story out loud from beginning to end. Stopping at the end of the story.	
Step 3: Selection of first POD (Point of Disturbance)	<i>"Now I would like you to review the event again, silently in your mind, while I do DAS and allow the most disturbing part to show up. When it does, use your stop signal and we will use that as the first target."</i>	Therapist does DAS. Client uses stop signal when they use the stop signal that piece of the event will be used as the first target.	Target: 1 st POD 1: _____ (Just in 1 or 2 words not the whole story.)
Step 4: Accessing POD Phase 3	<i>"When you bring that up, what image is the worst part?"</i>	Take whatever they say as the worst part, even if not an image.	
4.a	<i>"What words go best with that picture that express your negative belief about yourself now?"</i>	Take whatever they say here and ask the next question.	NC:
4.b	<i>"What would you rather believe about yourself now?"</i>		PC:
4.c	<i>"When you bring up that image/sound on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance, how</i>		SUD:

	<i>disturbing does the memory feel to you now?"</i>		
4.d	<i>"I'd like you to bring up that image, those words (NC) and follow my fingers."</i>	Begin DAS: Short fast sets @ 10 passes	
4.e	<i>"When you bring up that image/sound on a scale of 0 to 10 how disturbing does it feel to you now?"</i>	Stay with this POD until SUD reduced to 4 or less. Ask SUD, by repeating words to left, at the end of every set.	Once SUD has lowered as far as it can on this SUD then move on to step 5. The SUD may only get to a 4.
5. Moving to next POD target. (After getting next POD, keep going back to step 4 until they run the whole video and no more POD's.)	<i>"Now I'd like you to review the episode again silently and tell me whatever comes up as the next worst part, we will use that as the next target"</i> <i>** go back to 4*****</i>	Therapist does DAS while client reviews the episode and uses stop signal at the next part. Go back to 4. Repeat until no worst parts surface.	Target 2: _____ Target 3: _____ Target 4: _____ There may be several PODs or just 1 or 2
6. Install the PC for ENTIRE EPISODE	<i>"Do the words (repeat PC 4.b) still fit or is there another positive statement that feels more suitable?"</i>	Allow client to agree or change PC.	
6.a	<i>"Bring up that memory and those words (repeat PC), from 1, completely false to 7, completely true, how true do they feel to you now?"</i>	Allow client to answer.	
6.b	<i>"Hold those together, those words and that memory."</i>	Do short, fast sets of DAS, about 10 passes.	
6.c	<i>"On a scale of 1-7, how true do those words feel to you now?"</i>	Do short, fast sets of DAS, repeating that phrase until there is no change in the VOC for 2 consecutive sets. The client may not get to a 7.	End with this. Do not do phase 6 body scan.