

Personal Transformation

## Day 3

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**Today We Will Cover:**

- Phase 8
- Completing the Treatment Plan
- Future Desired States
- Resuming Reprocessing
- Future Template Protocol

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## Phase 8: Reevaluation

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## What has changed since yesterday?

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## Phase 8: 3 Types of Reevaluation



Status of complete or incomplete target

Reevaluation of Targets & Treatment Plan

Reevaluation prior to end of Treatment

## Phase 8: Reevaluation



### Review: We learned in Phase 7 that...

A complete session means a **SUD=0**, **VOC=7**, and a clear **Body Scan**

An incomplete session is a **SUD of more than 0**, a **VOC of less than 7** and **no clear Body Scan**

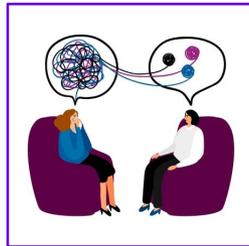
## Phase 8: Reevaluation



### What to Look For in an Unfinished Reprocessing Session

Ask generally about the following:

- Client's **experience between sessions**
- Assess if the client processed more between sessions
- Changes in **symptoms**
- Changes in behaviors or **patterns of relating**
- Changes in **reactivity or previous triggers**
- Dreams
- **New thoughts or insights**



## Phase 8: Reevaluation



### Assess the Current State of the Previous Target

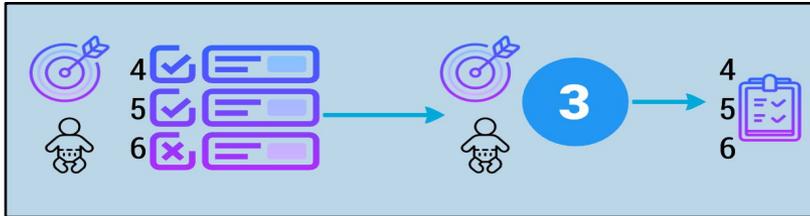
- Is it still disturbing?
- Were other associated memories brought up?
- Were the present triggers more or less active?
- Remember incomplete session can be incomplete for phases 4, 5, or 6



## Phase 8: Reevaluation

### Incomplete Reprocessing

If your previous target was incomplete in phase 4, 5, or 6, **proceed to a modified phase 3** to continue reprocessing the same target through completion of phases 4, 5, and 6.



## Phase 8: Reevaluation

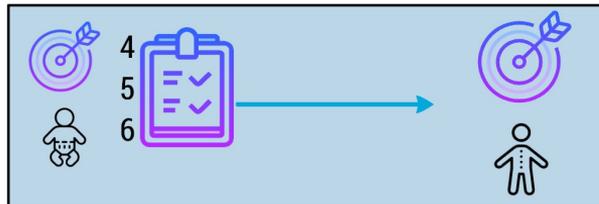
### How to Start Up Processing Again After an Incomplete Session (Modified Phase 3)

Memory	"Bring up the memory we have been working on. What is the image that represents the worst part of it as you think about it now?"
Emotions	"What emotion are you feeling now?"
SUD	"On a scale from 0-10, how disturbing is it?"
Body Location	"Where do you feel it in your body?"
Reprocessing	"Bring up that memory, where you feel the disturbance in your body and follow my fingers." (DAS)

## Phase 8: Reevaluation

### Completed Reprocessing: Check the Rest of the Targeting Sequence Map

If your previous target was completed (phase 4, 5, and 6 ALL completed) AND no new disturbance related to this target is reported in phase 8, **move on to the next chronological target on the treatment plan that still holds a charge.**



## Phase 8: Reevaluation

### Reevaluation Prior to Completion of Treatment

- Presenting symptoms changed?
- Transformation and Integration.
- **Any other targets to reprocess?**
- What does the client want for Future?





(This video can also be found in the Basic Training Support)

# Completing the Treatment Plan

## Completing the Treatment Plan

### Remember the 3 Prongs of EMDR?

Past, Present, Future?

When we talked about the Reprocessing Phases yesterday we focused on the past because the first target is the touchstone memory.

But you can see how in 'Reevaluation Prior to Completion of Treatment' in Phase 8 we started to think about the Present and the Future.

Now we learn about how to Complete the Treatment Plan we'll think about how to shift from the past to the present and future.

## Completing the Treatment Plan

### Asking about Present Triggers in Phase 8 was important because:

It shows us **how the treatment is impacting the presenting symptoms** and we find a **future desired state** for each present trigger.

A present trigger is **anything in the present that continues to cause disturbance or dysfunction.**

## Completing the Treatment Plan

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**Each event in the treatment plan should be a moment in time**



Phases 3-7



Phases 3-7



Phases 3-7



Phases 3-7

Completing the treatment plan ideally goes in chronological order from youngest age for the memory to the oldest age.

## Completing the Treatment Plan

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After all of the past events have been processed to a SUD of 0 and VOC of 7...



SUD 0 VOC 7

...the present triggers are then evaluated to see if those too need to be processed using Phases 3-7



Phases 3-7



Phases 3-7

## Completing the Treatment Plan

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### Present Triggers

For each present trigger the client and therapist have developed the desired future state for the client and those are addressed with the Future Template Protocol.



has its own



addressed with



## Completing the Treatment Plan

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### Section VII: Desired Future States

If you don't know where you are going, you might not get there!

How would they like to respond instead of the current present trigger response?



## Completing the Treatment Plan

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How would you like to:

- Respond or Feel?
- **Act differently?**
- Handle the situation differently?



## Completing the Treatment Plan

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Other Benefits of the Future Template:

- **Strengthen the new insights**, behaviors and patterns that are more adaptive
- Reveal **what is needed** in terms of education, skill or confidence
- May also reveal blocking or limiting beliefs in this treatment phase

## Completing the Treatment Plan

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How to Do it:

For each Present Trigger, ask the client:

"How would you like to be able to respond," or "feel," "act," or "believe?"



## Completing the Treatment Plan

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Other Benefits of the Future Template:

In Practice Sheets

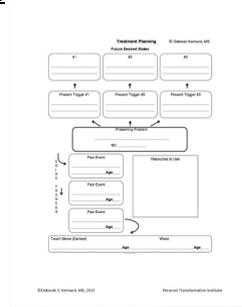


Future Desired State Worksheet

Completing the Treatment Plan	
*How I would like to see to look at each present trigger and decide how you would like to react, behave, or feel in that situation when or if it appears in the future. (This needs to be something you can imagine happening.)	Future Desired State:
Give for each present trigger listed above. Present trigger 1:	Future Desired State:
*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:	Future Desired State:
*As you think about _____ from second present trigger, how would you like to be able to react, feel, or behave in the future?	Future desired state:
Present trigger 3:	Future desired state:
*As you think about _____ from 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 one page sheet on the following page.	

### Treatment Planning Worksheet: Instructions

Fill in each rectangle with information from the Finding the Targets script. You are not collecting new information for this. It is merely a tool for you to be able to see all of the client's Targets on one page.



## Future Template

### Used to process "Future Desired States"

**Purpose:** determine how they would like to react, behave, or feel in the future for each one of them.

- Own Protocol
- You got the information in the **Finding the Targets**
- Used after all past and present memories are cleared
- Can be used as a stand-alone protocol if clinically appropriate
- **Each future state needs to be a moment in time**

### Describing the Protocol to a Client

"We have addressed the past events, the root of the present disturbance, as well as the present triggers and now we will look at what you would like to be different in the future. We have a specific protocol to imagine your desired future and process blocks and enhance and deepen the positive states."



### Visualization Creates Neurochemistry

1. Identify how the client would like to respond in the future, instead of the current response to a present trigger.
2. Run a movie.



### Procedural Steps For Installing Future Templates

"We have addressed the past experiences relating to your issue, as well as the current situations that trigger your distress. **Let's now work on how you would like to be able to respond to similar situations in the future.**"

"Identify a **future situation and a positive belief (PC)** you would like to have about yourself in that situation."



### Running a Movie with BLS/DAS

"I would like to invite you to run a movie of the desired state and the words (PC) \_\_\_\_\_. Imagine stepping into the scene, noticing how you are handling the situation. Notice what you are thinking feeling and experiencing in your body. Let me know when you are ready and I will begin the BLS/DAS and you can let me know when to stop."

Get feedback from the client. Whatever they notice...go with that. Reprocess whatever is there for them until the **there is no change or disturbance.**



"What are you noticing?"

**Allow Processing to Happen.** It can be positive or negative.

If a client has difficulty connecting to the vision you may need to suggest something...



Would you like it if...

## Future Template Installation

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Elicit from client desired response and run movie with DAS until response is positive.

**Note: if negative associations open up, you may need to return to reprocessing or help the client at the end.**

"Hold your positive cognition with that situation. On a scale from 1-7, how true does it feel?"

(Install that PC to VOC of 7 with DAS)

## Future Template Installation

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Generate Challenging Situations

Create multiple scenarios where there is an unanticipated or undesirable outcome and generate an adaptive response:

"I'd like you to think of a challenging situation that could occur."

"What are you noticing?"

➔ If **POSITIVE**: Add DAS as long as it continues to be positive.

➔ If **NEGATIVE**: Focus on body sensation with DAS until neutral.

Install PC to VOC of 7 if possible. (Repeat step 4 until it is 7).

## Future Template Installation

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(This video can also be found in the Basic Training Support)

## Group Exercise

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**Let's Practice: Alignment: Hyperarousal and Hypoarousal (pg. 169)**

"Notice what happens as you bring your attention to your spine and begin to lengthen it. What do you notice? You can continue bringing your attention from the bottom to the top of your head, gradually noticing the alignment. Eventually, standing to notice the complete alignment."

In groups of **two**, practice the Alignment exercise:

The therapist guides and demonstrates with the client going up the spine from the feet, to the head, ending with standing and total alignment, getting reports from the client and noticing and reporting shifts such as,

"Oh, I see you are breathing more deeply" or "It seems like you are making more eye contact now" or whatever you are seeing.

**Switch roles and do the same or choose a different somatic resource to practice.**

# Today

### Practice

- Completing the Treatment Plan
- Target Sequence Plan
- Future Template

### Practice

You can choose from the following...

1. Complete an incomplete target
2. Complete another target with protocol from yesterday
3. Practice Future Template after each person has completed one of the above

**(see shared screen for Day 3 handouts)**



**Thank You**

