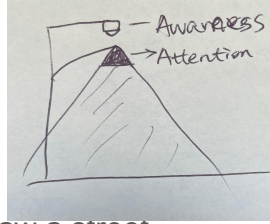


The Awareness & Attention Model transcript



- As long as we are awake, our attention is like a light that shines on various things when we pay attention to them. (draw a street light)
- Agree or disagree? Things that our attention doesn't shine its light on are outside of our conscious awareness. (wait for a response)
- Can you answer this question? where is your attention at in this moment?
 - Is that 100% of your attention?
 - Share with client what you noticed & appreciate the ability to pay attention to multiple things at a time.
- Because we have the ability to answer the this question, I'd like to propose that "YOU" are not under the street light, YOU are somewhere above the light and have the ability to oversee everything. Let's say, there is a surveillance camera here.
- It's our human nature that our surveillance cameras are often turned off throughout the day, we are on autopilot, getting distracted and lose time on things we didn't intend to pay attention to. (give an example in your own life)
- Fortunately, we have this simple exercise that we can practice in less than 1 minute to force the camera to turn on. The more we turn it on and use it, the faster & more powerful it gets. Pause and reflect on these three questions:
 1. Where is my attention at in this moment?
 2. Where would I like to focus my attention on in the next moment? (intention)
 3. Can I focus on less things (if not one thing) at a time?

Last but not least, have a conversation with your client on how to build this practice into their daily routine.

Even when clients don't remember to practice between sessions, the visual and practicing a few times with them in session is often enough to get them started. This resource can be used throughout all 8 phases of EMDR.