

The Interoceptive Pause

A TCTSY-Informed Interweave for S.A.F.E. EMDR Phase 4

WHEN TO USE

In Phase 4 desensitization, as processing nears the core pain, the client's survival Answer (logic, anger, dissociation) will spike. Do not fight the wall of defense — pause, validate the armor, and offer a body-based choice that keeps the client within the window of tolerance.

1

Run BLS

2

Pause processing

3

Ask: "What are you noticing now?"

4

Introduce the interweave

PART 1 · VALIDATING THE ARMOR

"I wonder if you might notice your answer is here — that [logic / anger / shame] — and how it may be here to protect you from the pain."

Name the survival adaptation without judgment. The message: "I see your armor, I know it kept you alive, and I am not going to take it away from you."

PART 2 · RECLAIMING AGENCY

"I wonder what would happen if, with this next set, you noticed whether you'd prefer to lean forward with that energy or lean back against your chair."

Offer a body-based choice so the client can physically say "I choose." Pause just long enough to reinforce safety, then say "Go with that," and resume BLS.

REQUIRED SAFETY SCREEN — Take a thorough history of body-based trauma before offering interoceptive invitations for specific body regions. Invitational language only; choice without demand.

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