

Attachment-Based Treatment Planning

PTI CLINICAL PROTOCOL

A comprehensive, trauma-informed framework for **finding the experiential root** of current dysfunction, identifying present triggers, establishing future desired states, and guiding full EMDR reprocessing through Phases 3–7. This protocol supports clinicians in lighting up the limbic system to achieve comprehensive treatment effects.

2. **Finding the Root**
Identify the experiential root of dysfunction.
3. **Present Triggers**
Locate three current trigger contexts.
4. **Assessing Disturbance & Negative Cognition**
Identify worst part, SUD, and NC.
5. **Tracing Back to Earlier Memories**
Bridge back to earlier experiences.
6. **Future Desired States**
Define desired future responses.
7. **Treatment Plan Targets**
Reference past, present, and future targets.
8. **Assessment: Full Protocol**
Phase 3 assessment script.
9. **Reprocessing: Desensitization**
Phase 4 desensitization procedure.
10. **Installation** Phase 5 strengthening the positive cognition.
11. **Body Scan**
Phase 6 body scan process.
12. **Closure**
Phase 7 closure for complete/incomplete sessions.

Finding the Root Under the Answer

Identifying the true experiential root of current dysfunction is foundational to effective treatment planning. This script guides clinicians down the correct neuropathway — from presenting symptom to attachment longing to the earliest memory that holds the charge.

01

Identify the Symptom

What is a current symptom, frustration, or limitation the client is experiencing?

03

Find the Glimmer

Identify recent times when the client had even a **glimmer of hope** that the longing might be fulfilled — but it did not work out.

02

Listen for the Relational Longing

What do they *want* in that moment that they are not getting? If someone was here offering the perfect support, what would that look like?

04

Light Up the Limbic System

We are looking for a **specific Moment in Time**. The client needs to locate a specific moment; you do not need all the details.

Participant Worksheet

Symptom / Frustration / Limitation: _____

Attachment Relational Longing (what they want): _____

(Safety · Connection · Empowerment · Responsibility · Choice)

Glimmer of Hope (recent moment): _____

Specific Moment in Time identified: _____

Age: _____

Present Triggers

Ask the following questions to locate three present-day trigger contexts. Each should surface a moment when the client **wanted or experienced the longing** – and it did not work out.

<p>Present Trigger 1 Work or Community When is the last time you wanted or experienced this at work or in the community? Your answer: _____</p>	<p>Present Trigger 2 Social or Friends When is the last time you wanted or experienced this socially or with friends? Your answer: _____</p>	<p>Present Trigger 3 Closest Relationships When is the last time you wanted or experienced this with your closest relationships? Your answer: _____</p>
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We are looking for times the client had hope or longing for the missing attachment experience – but it didn't work out.

Assessing Disturbance & Negative Cognition

Worst Part & SUD

"What is the **worst part** of all of this right now?"

Worst Part: _____

How disturbing does it feel right now on a scale of **0-10**?

0 = no disturbance · 10 = highest disturbance

SUD Score (0-10): _____

Negative Cognition (NC)

"When you bring up the worst part of that disturbance, what words express the **negative belief you have about yourself NOW**, even though you may know better?"

*Clinician listens for a self-referencing, irrational negative belief the client **feels**. Examples: "I'm not good enough," "I'm worthless," "I don't matter."*

Negative Cognition: _____

Tracing Back to Earlier Memories

Once the worst part and negative cognition are identified, begin bridging back through time. Keep asking "What was an **earlier time**?" until the client stops responding.

Earliest Prompted Memory

"When you bring up the worst part and those words (NC), what is an **earlier time** you can remember experiencing something similar?"

Memory: _____

Age: ____

Earlier Memory 3

"What was an earlier time?"

Memory: _____

Age: ____

Earlier Memory 2

"What was an earlier time?"

Memory: _____

Age: ____

Earlier Memory 4

"What was an earlier time?"

Memory: _____

Age: ____

- If the client doesn't give a moment in time, ask: **"And can you remember a specific moment in time?"**
Continue until the client stops answering.

Future Desired States

"Now I would like us to look at each present trigger and decide how you would like to react, behave, or feel in that situation when or if it happens in the future. This needs to be something you can imagine happening."

Present Trigger 1

"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

"As you think about (name second present trigger), how would you like to be able to react, feel, or behave in the future?"

Future Desired State:

Present Trigger 3

"As you think about (name 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 fewer than 3. Transfer all information to the Future section on the Treatment Plan Targets.

Treatment Plan

Targets

Record all answers from the Finding the Root script below. This serves as the master reference for treatment planning across past, present, and future dimensions.

Core Clinical Information

Presenting Issue / Symptom: _____

Attachment Longing Under the Issue: _____

Negative Cognition (NC): _____

Present Triggers

Work / Community: _____

Socially / Friends: _____

Close Relationships: _____

Future Desired States

Work / Community: _____

Socially: _____

Close Relationships: _____

Past Events – List from Older to Younger Memories

#	Age	Memory	Notes
1			
2			
3			
4			
5			
6			

PHASE 3

Assessment: Full Protocol

Before starting: Confirm correct seating, practice speed, distance and type of DAS, and rehearse the stop signal. You should be ready to begin eye movements immediately after the final assessment question.

1 Name the Target
 "The target memory we have chosen to work on today is _____."
 Target Memory: _____

2 Worst Image
 "When you bring up that memory, what image represents the worst part?" *(If no image: "As you think of the experience, what is the worst part of it?")*
 Worst Image / Part: _____

3 Negative Cognition (NC)
 "What words go best with that picture that express your negative belief about yourself now?"
 NC: _____

4 Positive Cognition (PC)
 "When you bring up that picture, what would you prefer to believe about yourself instead?"
 PC: _____

Validity of Cognition (VOC)
 "How true does that positive statement feel to you now, on a scale of 1 to 7, where 1 feels completely false and 7 feels completely true?"

1	2	3	5	4	6	7
Completely False			Completely True			

VOC Score: ____ / 7

Emotion
 "What emotion are you feeling now?"

SUD Score
 "On a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does that image feel to you now?"

0	1	3	4	5	7	8	9	10
No Disturbance				Highest Disturbance				

SUD Score: ____ / 10

Body Sensation
 "Where are you feeling it in your body?" Body Location: _____

"I'd like to invite you to bring up that picture, those negative words (repeat NC), and notice where you are feeling it in your body – and follow my fingers." → Begin DAS (20+ passes). You are now in Phase 4.

PHASE 4

Reprocessing: Desensitization

A – Desensitization

After DAS (20–30 passes):
 "What are you noticing now?" Allow response, then say "Go with that." Repeat DAS. Continue as long as the client reports change or new information. Repeat until **two consecutive sets with no change reported. Or the**

B – Back to Target

"When you go back to the original memory, what are you noticing now?" Pause. "Go with that." Continue DAS sets. When client returns to original target after two consecutive sets with no change, proceed to check SUD.

C – Check SUD

"When you bring up the original memory, on a scale of 0–10, how disturbing does it feel now? Go with that." If SUD is stuck at 1–2, ask: "Where do you feel it in your body?" or "What is the most disturbing part now?" Continue DAS sets.

Repeat Steps A, B, and C until SUD reaches 0 twice (or is ecologically sound).

Installation

Installation strengthens the link between the target memory and the Positive Cognition (PC), progressively increasing the VOC toward 7.

01

Confirm or Refine PC

"Do the words (repeat PC) still fit, or is there another positive statement you feel would be more suitable?"

PC (confirmed or revised): _____

03

Hold Together + DAS

"Hold them together – those words ___ and that memory." Do DAS. Then: "On a scale of 1 to 7, how true do the words feel now?"

VOC after DAS: ___ / 7

02

Check VOC

"Think about the memory and those words (PC). From 1 to 7, how true do they feel?"

VOC: ___ / 7

04

Continue Until VOC = 7

Continue as long as material becomes more adaptive.

Once VOC = 7 (or ecological), proceed to Phase 6:

Body Scan. If VOC ≤ 6, address blocking belief or set aside and proceed to Closure if time is limited.

Final VOC: ___ / 7

Phase 6

Body Scan

"Close your eyes and keep in mind the original memory and the words (repeat the selected PC). Then bring your attention to the different parts of your body, starting with your head and working downward. Any place you find any tension, tightness, or unusual sensation, tell me."

Discomfort Reported
 Do DAS sets and reprocess until the discomfort fully subsides.

Positive Sensation
 Do DAS to strengthen and deepen the positive feeling.

Savor the New
 After a clear Body Scan: "Is there a gesture or movement that would help you connect with that feeling of (PC or new positive feeling)?"



PHASE 7

Closure

An **unfinished session** is one where material remains unresolved – the client is still distressed, SUD has not reached 0, VOC has not reached 7, or the Body Scan is incomplete. Use the procedure below to close safely.

- 1 Acknowledge & Encourage**
 "We are almost out of time and we will need to stop soon. You have done some very good work and I appreciate the effort you have made. What feels like the most important thing you have learned about yourself or for yourself today?"
- 2 Containment Exercise**
 "I suggest we do a resource (or container) exercise before we stop." *Options: Container imagery, Safe/Calm Place, Light Stream, or a previously practiced resource.*
- 3 Debrief All Sessions**
 "The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories, or dreams. If so, just notice what you are experiencing – and if you wish, record it on the Memories & Lies log. Use the resources we have worked on to help manage any disturbance. We can work on this material next time. If

☐ If the session is **complete** (SUD = 0, VOC = 7, clear Body Scan), proceed directly to Step 3: Debrief.

Session Reflection

Most important thing I learned today:

Resource used for containment:

Notes / things to track between sessions: