

EMMD

Francine Shapiro

WORKING WITH 'DELICATE' CLIENTS COMPLEX CLIENTS/ BRIEF THERAPY/ RECENT EVENT

Can be used if client may not be able to handle the full standard EMDR protocol that allows associations to different channels. May be necessary to use EMD first then as client increases tolerance, open up to EMDr, then EMDR. Can also be used for clients you have a short time with & with recent event trauma.

EMD SCRIPT FOLLOWS SAME PHASE 3: ASSESSMENT

- FAST BLS, Short Sets
- Return to target image, NC after each set and check SUD
- If other memories come up, return to target and shorten sets
- If too distressed to tolerate going back to target image and NC, return to image and do not say NC after each set, and check SUD after each set
- IF SUD still not decreasing...
 - Check for blocking beliefs
 - Check for another memory/feeder memory but be careful to not allow additional associations
 - Focus on bodu sensations

Follow same way of completing targets:
SUD = 0

Phase 5: VOC = 7/ ecologically appropriate
*but DO NOT do phase 6 Body Scan

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