

EMD STEP-BY-STEP

Phases 3-7

| PHASE 3 | PHASE 4 | PHASE 6 | PHASE 5 | PHASE 7 |
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| <p>Access and Activate:</p> <ol style="list-style-type: none"> 1. Establish "time out" signal or other stop signal. 2. Access PC with image. 3. Assess Voc 1-7 4. Bring to mind image of worst part of memory. 5. Access NC with image. 6. Identify associated emotions. 7. Temperature check 1-100 | <p>Desensitization:</p> <p>1. Do the following 3 times: *Conduct approx 10 seconds of BLS *Ask: "When you think of the worst image of the incident, paired with the NC, what is your temperature (1-100) now?"</p> <p>2. Then do the following 1 time: *Conduct approx 10 seconds of BLS *Ask: "When you think of the worst image of the incident, with the NC, has anything about it changed? *Ask: "What is your temperature now?"</p> <p>Repeat 1 & 2 several times.</p> | <p>Body Scan:</p> <p><i>NO PHASE 6 in EMD!</i></p> | <p>Installation/Reprocessing:</p> <ol style="list-style-type: none"> 1. Bring to mind image of worst part of memory with PC. 2. Ask: "Now, with the image in mind, and the PC in mind, does it feel like the PC is still correct? Is this still the thought you'd like to have when you remember this event?" 3. If no: "Is there another thought that would fit better?" If yes, proceed. 4. Say: "When you think of the image with the PC, how true does the PC feel from 1-7?" 5. If VoC < 7 do BLS slowly for 15 seconds. 6. Ask for VoC after each iteration until 7 is reached. | <p>Closure:</p> <ol style="list-style-type: none"> 1. Practice resourcing and stabilization as needed. 2. Process the session, highlight any progress. 3. Prepare client for what to expect after session. 4. Set up a time to check in with client if desired. 5. Briefly give overview of plan for next session. |