EMD(R) STEP-BY-STEP

Phases 3-7

PHASE 3	PHASE 4	PHASE 6	PHASE 5	PHASE 7
Access and Activate:	**Desensitization:**	**Body Scan:**	**Installation/ Reprocessing:**	**Closure:**
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. Identify associated sensations. 8. Temperature check 1-100	**1. Do the following 3 times:** *Conduct approx 20 seconds of BLS *Ask: "When you think of the worst image of the incident, paired with the NC, what do you notice? ... Go with that... **2. Then do the following 1 time:** *Conduct approx 20 seconds of BLS *Ask: "What is your temperature now?" *Ask: "When you think of the incident, paired with the NC, what do you notice? ... Go with that..." Repeat 1 & 2 several times.	1. Bring to mind image or worst part of memory, and awareness of body. 2. Instruct client to notice any tension or distress in body during body scan. 3. Conduct body scan while keeping image in mind (see Body Scanning Handout if needed). 4. Ask: "Did you notice any tension or distress?" 5. If no, move to Phase 7. If yes, proceed. 6. Say: "Focus on worst image, along with the sensation, and go with that." 7. Complete 20 seconds of *fast* BLS. Repeat until sensation diminishes.	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.	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.