

Name _____ Date _____

Contained Processing (EMDr) Access & Activate Checklist (Phase 3)
(Contained Processing [EMDr] Checklist: Kiessler)

Access & Activate

Target: *We've decided to work on* _____
[name the incident]

Does that still fit, or is there a better one? _____

Worst Part: *What is the worst part of the incident?* _____

Negative Belief: *We had decided your more negative belief was* _____
[name the NC]

Does that still fit, or is there one that fits better now? _____

Positive Belief: *We had decided your more adaptive belief was* _____
[name the PC]

Does that still fit, or is there one that fits better now? _____

VoC: *When you think of the incident, how true do the words* [name the PC] _____
feel to you now, on a scale from 1 (totally false) to 7 (totally true)?

1 2 3 4 5 6 7

Emotions: *When you think of the incident and* [name the NC] _____,
what emotions are you feeling now?

SUD: *On a scale from 0 (no disturbance) to 10 (the highest disturbance), how disturbing is it?*

0 1 2 3 4 5 6 7 8 9 10

Body location: *Where do you feel it in your body?* _____

Bring up the incident, the negative belief and follow my fingers. [or name the form of BLS/DAS you will be using]

Contained Processing (EMDr) Cheat Sheet

Stop Signal: Remind client to stop if processing activates something s/he doesn't want activated.

Phase 4: Desensitization BLS/DAS — 15-30 seconds or 10-20 round trip passes

Take a breath [pause]. Let it go. What do you notice? [wait for response] Go with that [BLS]

Take a SUD when client no longer changes.

If SUD > 2 — *Go with that [BLS]*

If SUD = 1 or 2 — *Is there anything that will help this go lower?*

Phase 5: Installation BLS/DAS — 15-30 seconds or 10-20 round trip passes

Think of the incident and your positive belief, 1-7, how true does it feel now?

Go with that [BLS]

Repeat until VoC = 7

If VoC < 7 — *Is there anything that would help this become stronger?*

Or where it is makes sense, given the situation.

Phase 6: Body Scan — If the SUD = 0 and the VoC = 7, conduct a body scan

Think of the incident and your positive belief. [pause for client to make the association]

Scan your body from the top of your head to the tip of your toes. Tell me when you're done and what, if anything, you notice.

If client reports any sensations, whether they seem positive or negative, do sets of processing speed BLS until the body scan is neutral.

Phase 7: Closure — Debrief the session, making sure the client is stabilized