

Name \_\_\_\_\_ Date \_\_\_\_\_

### Contained Processing (EMDr) Instructions

Target Information:

Selected Target: \_\_\_\_\_

Negative Belief: \_\_\_\_\_

Positive Belief: \_\_\_\_\_

#### Instructions for contained processing (EMDr):

*I'm going to read a series of questions to remind us of the incident we have chosen to start processing today.*

*After that, I will begin the bilateral stimulation (BLS). Generally, I'll do this for about 15 - 20 seconds and then stop. During the bilateral, just notice what is happening. There are no supposed tos.*

*When I stop, I'll ask you to think of the incident and tell me what you're noticing, then we'll do another set of bilateral (BLS). We'll repeat that process as long as things are changing. Every once in a while, I'll ask you how disturbing the incident feels to you now on a 0-10 scale, where 0 is no disturbance and 10 is the worst you can imagine. Once you rate it, we'll go back to processing.*

*When the incident isn't disturbing any more, or feels like it is as low as it will go under the circumstances, we'll focus on how you'd like to handle the situation and strengthen the positive the best we can.*

*Once you feel good about that, we'll process any body sensations that may be related to the incident.*

#### Stop signal

*Remember, you have a stop signal that you can use any time you want to stop or something other than the incident [name the chosen target] \_\_\_\_\_ comes up.*

*You also have your [name the stabilization / containment skill that has been developed], \_\_\_\_\_ any time you'd like to stop, perhaps to take a break or put something into your container.*