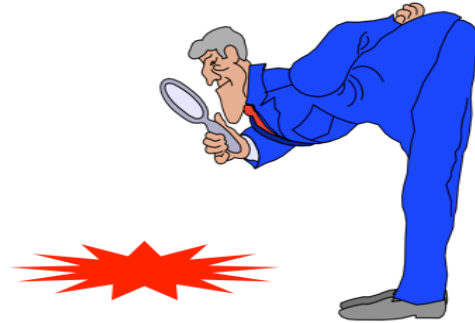


CONTAINED REPROCESSING

Symptom Focused Targeting

- Acute present stress
- Present focus
- Unwilling to address past
- **History**
 - Informed decision
- **Preparation**
 - Hierarchy
 - Standard
 - Contained
 - Restricted



CONTAINED REPROCESSING HIERARCHY

- **Standard: EMDR** (free association)
 - “Take a breath, let it go.
What do you **get** now?”
- **Contained: EMDR** (back to target)
 - “Take a breath, when you **think** of _____,
what do you **notice** now?”
- **Restricted: EMD** (target & SUD)
 - “Take a breath, let it go. When you **think** of _____,
your **negative thought**, how disturbing is it now from **0-10**?”
 - Every 3-4 sets: “What are you noticing now about the **incident**?”
 - **CAUTION: Excessive contamination** –

