

EMDR SELECTION CRITERIA

Relationship

Trust, Honest Communication

Environmental Stability

Safety

Support System

Able to call for help

Self-soothing

Clinical Presentation

Secondary gain

Dissociation

Potential for acting out

Medical Consideration

General fitness and nature of the trauma

Medications

Eye pain

Neurological impairment

Stress tolerance

Timing

Life events (consent)

Availability for follow-up

90 minute sessions at first

LENGTH OF SET

Safe Place and RDI: approx. 6-8 passes

Desensitization: 24-36+ passes (approximately 30 seconds)

Intense emotional processing (abreaction): Look for plateau

STRATEGIES FOR DEALING WITH BLOCKED PROCESSING

I. CHANGE THE MECHANICS

Change direction, length, or speed of set

If eyes closed, ask client to open them

Talk to the client during reprocessing

Change to another form of stimulation

IIa. DECREASE THE INTENSITY OF THE SCENE

Change from color to black and white

View scene on a monitor or through glass

See perpetrator without the action

Focus on one sensation or one emotion

IIb. INCREASE THE INTENSITY OF THE SCENE

Focus on body sensation

Go from black and white to color

Scan the memory for more upsetting aspects

Check for 'unspoken words'

Check for feeder memories, blocking beliefs, fears

Deliberately play up the emotion, tell the story in third person

Switch to another type of information: image, cognition, emotion, sensation

III. COGNITIVE INTERWEAVE (Last Resort, Keep it Short)

I'm confused

What if your child did it?

Metaphor/ Analogy

Let's pretend

Socratic questioning