THE THREE-PRONGED PROTOCOL OF EMDR

STANDARD PROTOCOL: PAST, PRESENT, FUTURE

- Presenting problems are manifestations of the past
- Present experiences (triggers) still containing maladaptive information are targeted for reprocessing
- Future templates are developed and encoded in memory to meet life demands in the future
• Client Characteristics (cont’d)
  • Readiness for change
    • Timing of initiating treatment
    • External factors such as spousal or legal demands
    • Complicating factors such as time-limits, secondary and/or tertiary gains/losses
    • Substance abuse or other compulsive disorders
    • Motivation and capacity for change itself
  • Comprehensive history includes positive and negative experiences
  • Consider EMDR client selection criteria and readiness & screen for dissociative disorders
  • Provide education and any additional information for informed consent to use EMDR
  • Develop EMDR Targeting Sequence Plan
EMDR CASE CONCEPTUALIZATION

Bio-Psychosocial Intake

Presenting Complaints

Interventions

Psycho-ed

EMDR

Targeting Plan

Standard

“Exceptions”

Integration

Roy Kiessling
EMDR CASE CONCEPTUALIZATION

The Basic EMDR Course

Client Complexity
Part 1
Adj D/O, Acute Stress
Recent Trauma,
Single Incident PTSD
Dominant Belief
Belief Focused
Basic State Change
Basic Targeting Plans

Part 2
Depression, Anxiety
Multiple Symptoms
Somatic, Phobias
Complex PTSD, Addictions
Symptom Focused
Extended Resourcing ➤ RDI
Multiple Targeting Plans
Cognitive Interweaves

Advanced Training

Adv’d Speciality Workshop
DDNOS, DID, Axis 2
Attachment, Ego Strength Issues
Severe Child Abuse & Neglect
Poor life management skills
Complex Case Structure
Extensive Stabilization
Future Rehearsal
Extensive Interweaves
Specialized Procedures
DISSOCIATIVE CONTINUUM

Normal Adjustment Depression Anxiety Personality PTSD DDs

Acute R-TEP RE Single Symptom Multiple Complex

Resourcing Needs
Extended Resourcing RDI Simple Affect Mgmt ER RDI Future Rehearsal

Basic EMDR Skills Special Interventions Advanced Training
FUTURE TEMPLATES

1) Future template

1) Positive

2) Minor Anxiety  SUD<2

3) SUD >2 (Phase 3-6)

2) Challenging future template

Target

4) TSP