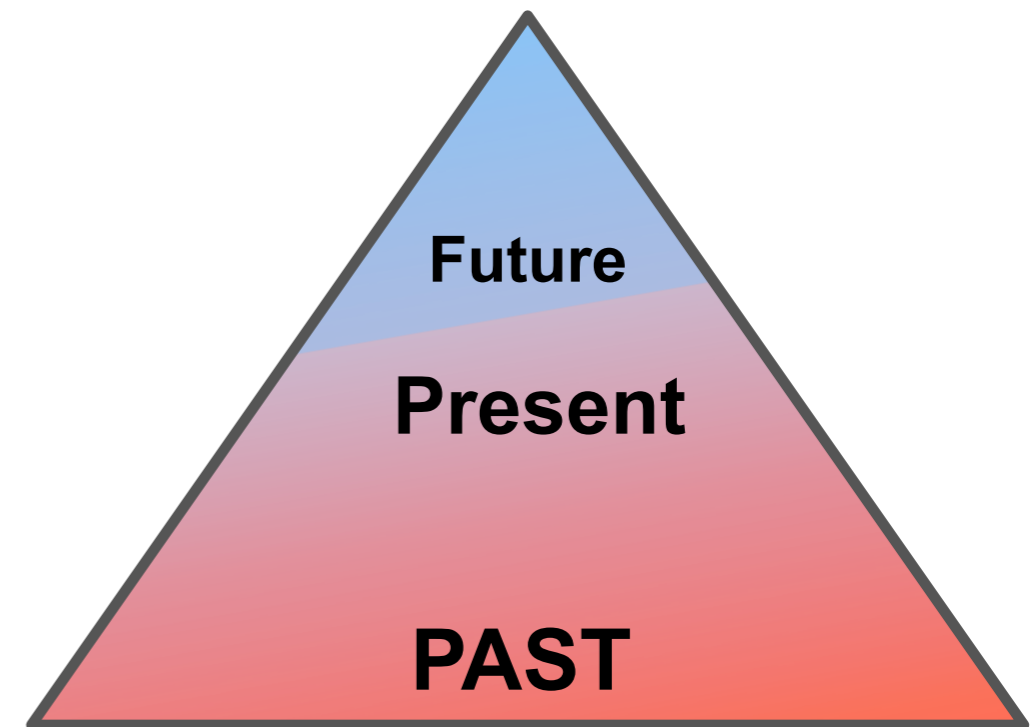


THE THREE-PRONGED PROTOCOL OF EMDR

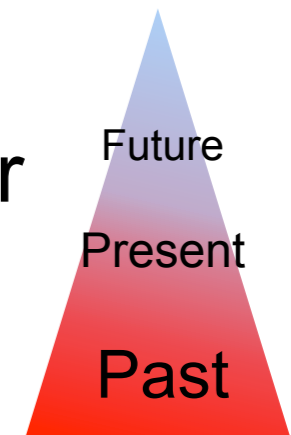
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STANDARD PROTOCOL: PAST, PRESENT, FUTURE

- 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

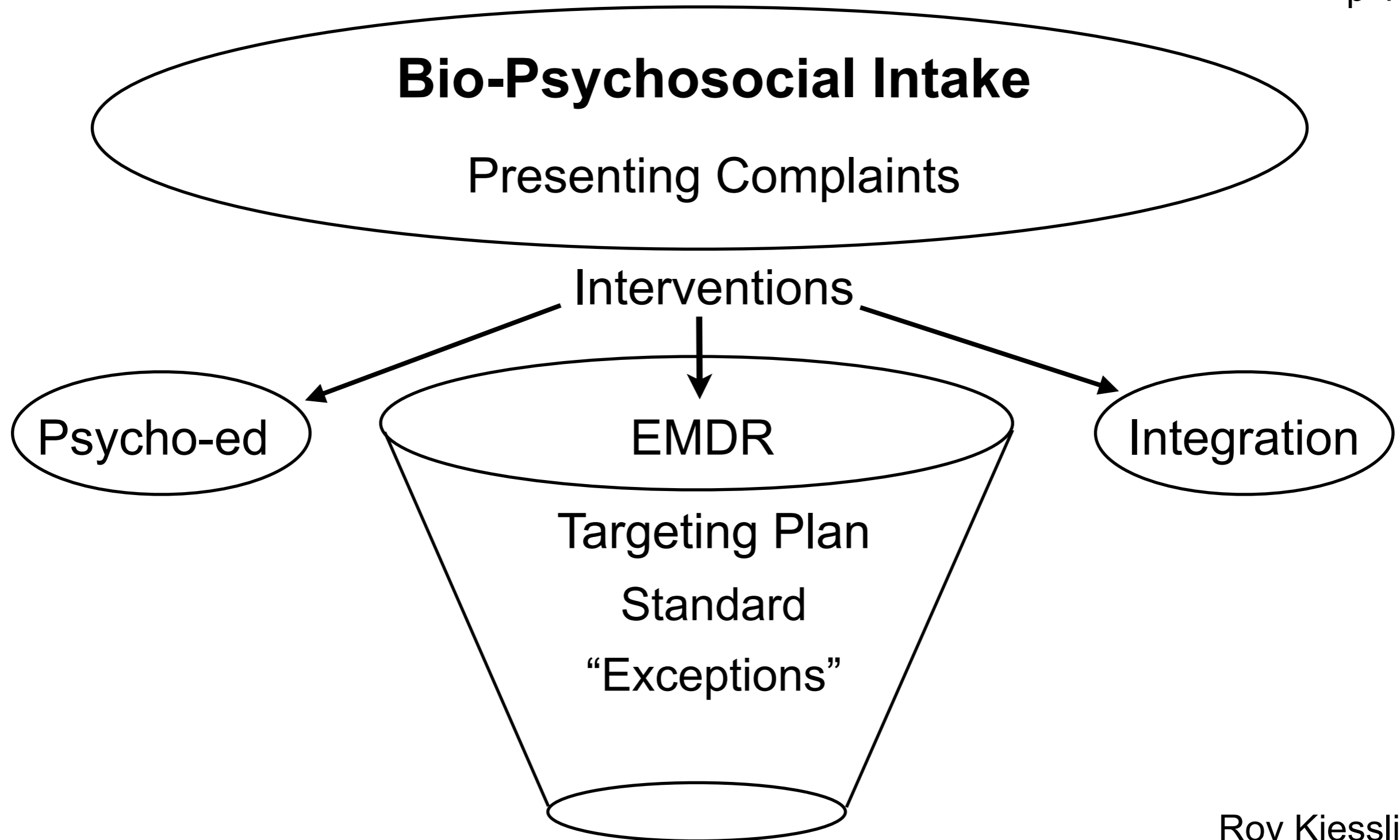


- Client Characteristics (cont'd)
 - Readiness for change
 - Timing of initiating treatment
 - External factors such as spousal or legal demands
 - Complicating factors such as time-limits, secondary and/or tertiary gains/losses
 - Substance abuse or other So review it compulsive disorders
 - Motivation 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

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Roy Kiessling

EMDR CASE CONCEPTUALIZATION

The Basic EMDR Course

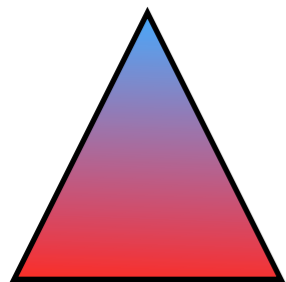
Advanced Training

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

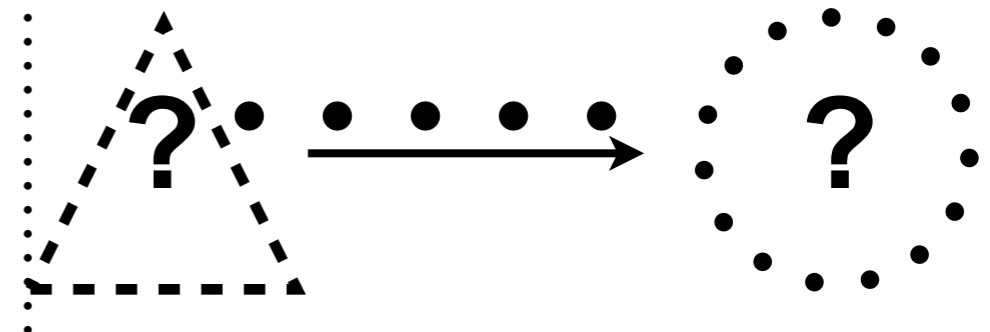
Symptom Focused
Extended Resourcing ➤ RDI
Multiple Targeting Plans
Cognitive Interweaves



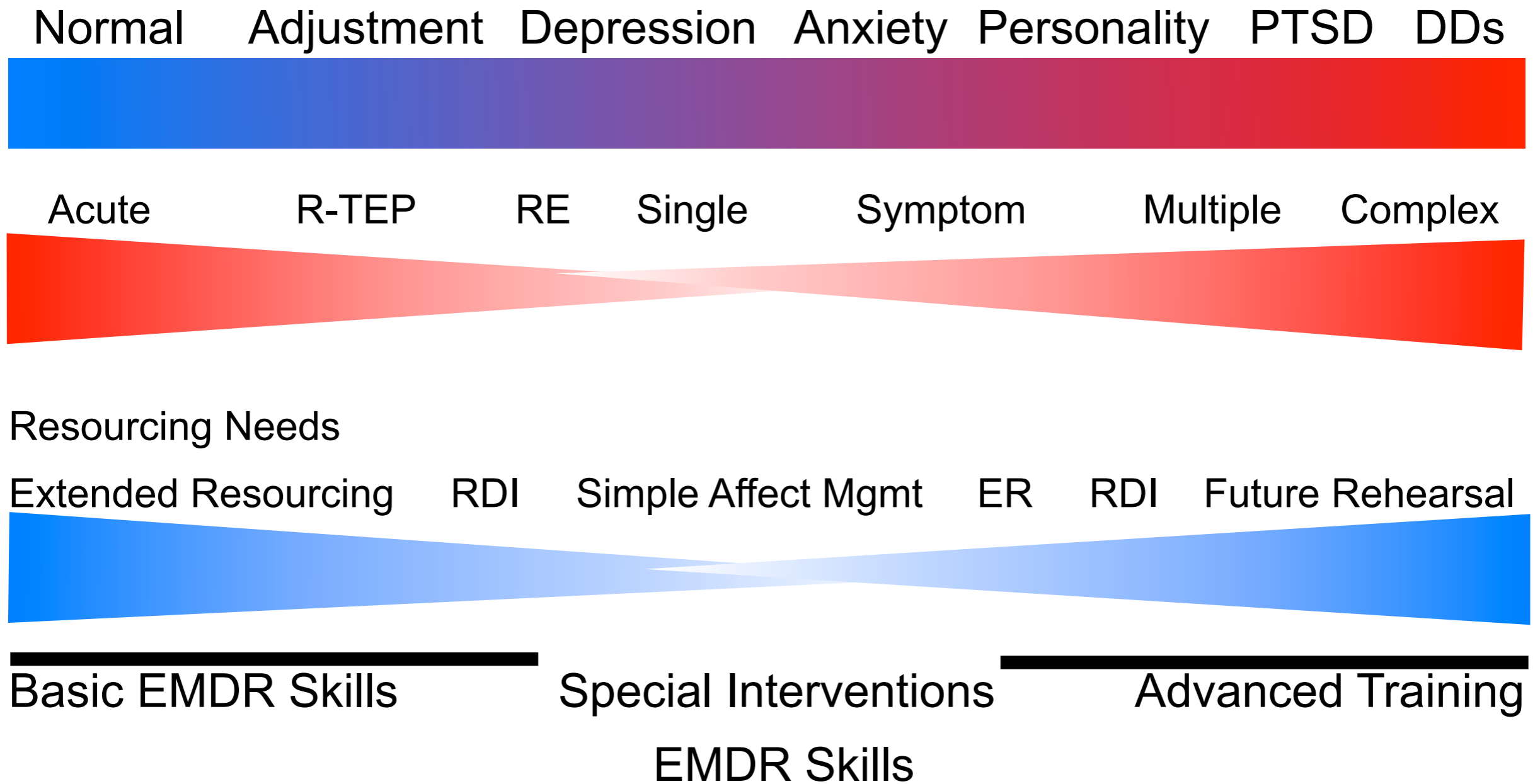
Adv'd Speciality Workshop

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



FUTURE TEMPLATES

