

## Processing Instructions for the Clinician

- Accessing & activating the target (Phase 3: Assessment) should take less than 5 minutes. You and the client have already agreed on the target and the NC/PC. This is to activate it for processing and to make sure that it hasn't changed overnight based on continued processing initiated by Phase 1: History-taking
- You will spend the majority of your time in Phase 4: Desensitization. You can take plenty of notes
- Once the memory network is activated, begin the bilateral and let it go at processing speed (as fast as the client can tolerate / track) for 30 seconds or so (about 30 back and forth passes) then check in, asking
  - *What do you notice now? / What do you get now? / What comes up now?*
    - Some clients may need to take a breath as a cue to step out of the processing for perspective
    - Regardless of the client's response...
  - *Go with that.*
    - Continue with that pattern as long as the client reports new information or change. Observe the client's body language, breathing patterns, etc., for cues as to when to end the set
    - Do your best not to talk! Anything you say can take the client out of processing, or away from it
    - If the client is **over**-accessing
      - Do slower, shorter sets and use one of the following
        - *Take a breath...when you **think** of the incident, 0-10 how disturbing is it now (or what do you notice)?...Go with that.*
    - If the client is **under**-accessing
      - Do longer, faster sets
      - Have the client scan amplify the memory, e.g., with more sensory elements
- When to check in on the target?
  - If not much is happening / coming up (a couple of neutrals)
    - *When you check in on the target now, what do you notice?*
      - Do this to access how the memory is currently stored following the processing
      - Regardless of the client's response...
    - *Go with that.*
  - If nothing new comes up, check the SUD.
    - *When you bring up the target, on a scale of 0 - 10 (where 0 is no disturbance or neutral and 10 is the worst you can imagine) how disturbing is it to you now?*
      - If the SUD is 1-2, ask, *What keeps it up at \_\_\_? / What would it take for it to be 0? / What's the danger of it being 0?*
      - *Go with that....*
- When the SUD = 0, move to Phase 5: Installation
  - *When we started processing, you wanted to believe [repeat the client's PC], when you think of the target now, does that still fit, or is there something that fits better now?*
    - Whatever the client gives you, check the VoC. *When you pair that with the target, on a scale of 1 - 7, where 1 is totally false and 7 is completely true, how true does it feel now?...Go with that.*
  - Continue processing whatever they report
    - If positive, it builds the adaptive resource networks
    - Disturbance may come up at this point. If so, continue to process through it until the VoC = 7
      - Any blocking beliefs that surface at this point should be processed
- Once the VoC = 7, move to Phase 6: Body Scan

- *Close your eyes, concentrate on the target and the PC. Scan your entire body and tell me if you feel anything.*
  - Whatever the client reports, process it
    - If it's positive, it will strengthen the adaptive network
    - If it's negative, process it until feeling / sensation / disturbance is gone
    - Repeat body scan until neutral or positive sensations are present
- Incomplete session...
  - If you are running out of time (5-10 minutes remaining) and material is still emerging, regardless of which phase you are in, close the session
    - Debrief the session
      - *We're about out of time... When you think about all the work you've done today, what have you learned? / what would you like to take away? / what would you like to hold onto?*
      - If the client is doing well, you might have the client resource the positives with resourcing speed BLS
      - Suggest to the client that s/he can put any unprocessed material away in the container and go to the Happy Place (or other state change exercise)
  - Closure statement: *The processing will continue after the session. You may have thoughts, memories, dreams, insights, body sensations...you're not nuts, it's part of the process. If anything comes up, just jot enough down to help you remember then put it in your container and we'll talk about it next time.*
- Complete session...
  - If there is adequate time remaining, process the next target, if not
  - Debrief and close

## Summary

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

	Touchstone	Past	Present Trigger	Future Template
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State Change / Stabilization Exercise:

	Container	Happy Place	Breathing	Other	
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Client Stabilization:

	Excellent	Fair	Good	Poor
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Notes:

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Issues / associations from processing to reevaluate later: \_\_\_\_\_

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