

Name _____ Date _____

Restricted Processing (EMD) Access & Activate Checklist (Phase 3)

Access & Activate

Target: *We've decided to work on* _____
[name the incident]

Does that still fit, or is there a better one? _____

Worst Part: *What is the worst part of the incident?* _____

Negative Belief: *We had decided your more negative belief was* _____
[name the NC]

Does that still fit, or is there one that fits better now? _____

Positive Belief: *We had decided your more adaptive belief was* _____
[name the PC]

Does that still fit, or is there one that fits better now? _____

VoC: *When you think of the incident, how true do the words* [name the PC] _____
feel to you now, on a scale from 1 (totally false) to 7 (totally true)?

1 2 3 4 5 6 7

Emotions: *When you think of the incident and* [name the NC] _____,
what emotions are you feeling now?

SUD: *On a scale from 0 (no disturbance) to 10 (the highest disturbance), how disturbing is it?*

0 1 2 3 4 5 6 7 8 9 10

Bring up the incident, the negative belief and follow my fingers. [or name the form of BLS/DAS you will be using]

Restricted Processing (EMD) Cheat Sheet

Stop Signal: Remind client to stop if processing activates something s/he doesn't want activated.

Phase 4: Desensitization BLS/DAS — 5-10 seconds or 5-10 round trip passes [fast]

BLS/DAS — 5-10 seconds or 5-10 round trip passes

Take a breath [pause]. *Let it go...think of the incident...0-10 how disturbing is it now?*

Go with that [BLS/DAS — 5-10 seconds or 5-10 round trip passes]

Repeat until SUD no longer changes.

Phase 5: Installation BLS/DAS — 5-10 seconds or 5-10 round trip passes [fast]

Think of the incident and your positive belief, 1-7, how true does it feel now?

Go with that [BLS/DAS — 5-10 seconds or 5-10 round trip passes]

Repeat until VoC = 7 or makes sense

Phase 7: Closure — Debrief the session, making sure the client is stabilized