

Name _____ Date _____

Restricted Processing (EMD) Instructions

Target Information:

Selected Target: _____

Negative Belief: _____

Positive Belief: _____

Instructions for restricted processing (EMD):

I'm going to read a series of questions to remind us of the incident we have chosen to start processing today.

After that, I will begin the eye movements [BLS]. Generally, I'll do this for about 10 seconds and then stop. While you're following my fingers, just notice what is happening.

*When I stop, I'll ask you how disturbing you **think** the incident is at the moment, from 0 to 10, where 0 is no disturbance and 10 is the worst. I'll ask you to focus on the disturbance and follow my fingers again [or other BLS].*

We'll do that three times and then I'll ask you to briefly tell me what you think is changing about the incident. Then we'll repeat the pattern of eye movements [BLS] and rating the disturbance three more times, then I'll ask you to tell me what is changing again. We'll continue to repeat that cycle as long as the disturbance decreases.

Once it has stopped decreasing, we'll focus on how you'd like to handle the situation and strengthen the positive the best we can. We may or may not work on how you will handle other aspects of the incident.

Stop signal

Remember, you have a stop signal that you can use any time you want to stop or something other than the incident [name the chosen target] _____ comes up.

*You also have your [name the stabilization / containment skill that has been developed], _____
_____ any time you'd like to stop,
perhaps to take a break or put something into your container.*