

RESTRICTED PROCESSING PROCEDURAL CONSIDERATIONS

Phase 1: Case Conceptualization

- Acute Stress
 - Limited history as is appropriate under the circumstances
- Complex
 - Extensive history? Titrated?
 - Informed Consent to restrict processing to single incidents

Phase 2: Preparation

- Explanation of EMDR
- EMDR “mechanics”
- Affect management skill
 - Container
 - Mindfulness
 - Calm Place
 - Be aware of the appropriateness of “safe” language
- Stop Signal
- Client stops processing anytime s/he begins recalling something OTHER than the target

Phase 3: Access & Activate

- **Worst Part** of the incident
- Negative Belief - NC
- VoNC: 1-7*
 - *Non-standard protocol (Validity of Negative Cognition)
 - Measurement of impact the incident has on client’s perceptions of reality
- Positive Belief
- VoPC: 1-7
- Emotions
- SUD: 0-10
- Body Location

Phase 4: Restricted Processing (aka EMD)

- Rapid and brief sets of BLS
- Return to Target after each set
- SUD after each set
- Every 4th set:
 - “What is different about the incident now? **Now**, 0-10, how disturbing is it?...Go with that.”
 - Repeat 1-4 until SUD stabilizes
- Stop Signal
 - Place “Intrusive Memory” into the container
 - Suspend processing if two or more Stop Signals occur
- Ecological validity
 - Processing may not result in SUD = 0
- Proceed to Phase 5: Installation when ecological

RESTRICTED PROCESSING PROCEDURAL CONSIDERATIONS (cont'd)

Phase 5: Installation

- Phase 4 may not have resulted in a SUD = 0 (ecological)
- Check validity of the original positive belief
- Process with rapid and brief BLS
- VoPC may not fully integrate to a 7
- Ecological validity?

Phase 6: Body Scan

- Clinical judgment
 - Clean processing
 - No stop signals
 - SUD = 0, VoPC = 7
 - *“Are the body sensations you are now experiencing related to the incident, or to ‘other’ experiences in your life?”*
 - Stop signals
- Skip Body Scan as this may activate “off limit” experiences

Phase 7: Closure

- Close session as normal following standard procedures
- Reminder that processing will continue
 - Pay particular attention to triggers
- Use affect skill to manage being triggered

Phase 8: Reevaluation

- Processing continues
- Restricted processing
 - Limited generalization
- Triggers may be next “Single Incident” to process

Three Prongs

- Acute Stress
 - The ***past*** is the present incident
 - The ***present*** is the ongoing triggers
 - The ***future*** is anticipated residuals from the traumatic incident
- Complex
 - Future targets
 - Testing out BLS processing regarding containment
 - Establishing positive networks to build on
 - Present triggers
 - “Putting out fires” may be the ongoing use of EMD until the client has the internal ego strength to handle full reprocessing (EMDR) of past experiences.