

Unrestricted Processing (EMDR) Cheat Sheet

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

Phase 4: Desensitization BLS/DAS 15-30 sec or 10-20 round trip passes (or more) [long and fast]

Take a breath [pause] What do you notice? [wait for response] Go with that [BLS]

Repeat pattern of BLS sets and client report as long as client is reporting changes.

Take a SUD when client no longer changes.

Check in on the target, 0-10, how disturbing is it now?

If SUD > 2 — *Go with that [BLS]*

If SUD = 1 or 2 — *Is there anything that will help this go lower?*

What keeps it at a 1?

What would happen if it became a 0?

What would it mean if it were a 0?

What's the danger of it becoming a 0?

Phase 5: Installation BLS/DAS 15-30 sec or 10-20 round trip passes (or more) [long and fast]

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

Go with that [BLS]

Repeat as long as it is becoming more adaptive, until VoC = 7

If VoC < 7 — *Is there anything that would help this become stronger?*

What keeps it at a 6?

What would happen if it became a 7?

What would it mean if it were a 7?

What's the danger of it becoming a 7?

Or where it is makes sense, given the situation.

Phase 6: Body Scan — **If the SUD = 0 and the VoC = 7, conduct a body scan** [long and fast BLS]

Think of the incident and your positive belief. [pause for client to make the association]

Scan your body from the top of your head to the tip of your toes. Tell me when you're done and what, if anything, you notice.

If client reports any sensations, whether they seem positive or negative, do sets of processing speed BLS until the body scan is neutral.

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