

Name \_\_\_\_\_ Date \_\_\_\_\_

### Unrestricted Processing (EMDR) Instructions

Target Information:

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

Negative Belief: \_\_\_\_\_

Positive Belief: \_\_\_\_\_

#### Instructions for unrestricted processing (EMDR):

*I'm going to read a series of questions to remind us of the incident we have chosen to start processing today, as well as to take some baseline measurements.*

*After that, I will begin the bilateral stimulation (BLS). Generally, I'll do this for about 15 - 30 seconds or so and then stop. During the bilateral, let your mind free associate or day dream. Just allow whatever comes up to come up. Let whatever happens, happen. There are no supposed tos.*

*When I think you've processed a paragraph of thought, I'll begin slowing down, and stop. After I stop, I'll ask you to briefly tell me what you're noticing in that moment, without thinking about whether it makes sense or not, then we'll do another set of bilateral (BLS). We'll keep doing that until it doesn't bother you any more, or we run out of time.*

*We'll keep doing that until either the incident doesn't bother you any more, or we've run out of time. If you finish the incident, and have time, we'll strengthen your positive belief and check for any remaining physical symptoms that may have been associated with the incident.*

*When the incident isn't disturbing any more, or feels like it is as low as it will go under the circumstances, we'll focus on how you'd like to handle the situation and strengthen the positive the best we can.*

*I'll make sure we stop with enough time to talk about the experience and let you know what to expect between sessions.*

#### Stop signal / keep going signal

*Remember, you have a stop signal that you can use any time you want to stop.*

*Also, if I start slowing down the [BLS] and you want to keep processing, just give me the 'keep going' signal and I'll keep the [BLS] going until you're ready to stop.*