**WEDGING** (Kiessling, 1998)

Use in situations where the client is anxious about doing the reprocessing work

1. “As I recall, we have decided to reprocess [agreed upon target]. If you think it will be helpful before we begin reprocessing, I’d like to help you develop a skill or resource that will assist you in being able to effectively and safely reprocessing that incident.”

2. [Measure the level of anxiety the client has regarding reprocessing the target.]
   “When you think of that incident, how disturbing is the thought of doing the reprocessing, on a 0-10 scale, where 0 is not disturbing at all and 10 is highly disturbing?

3. And as you think of that, what skill or resource would help you reprocess that incident?”

4. “When have you recently used that skill?”
   “Focus on that situation, noticing how that skill helped you. Tell me the positive thoughts, feelings, emotions and body sensations you experienced.”

5. [Enhancing]
   “Now focus on those positive images, thoughts, emotions and physical sensations [pause] and follow my fingers.”
   [BLS - 6-8 slow reps] “What do you notice?”

Repeat BLS several more times as long as the experience is positive.

**Shifting focus:** If the experience turns neutral or negative, shift to another situation when that skill, resource or strength was valuable.

**Follow steps 1 – 5 (above, in order), to access that new experience, building on positive behaviors, emotions and sensations. If positive material is again accessed — CAUTIOUSLY enhance with BLS [slow, 4-6 reps]

Once the client has successfully accessed the positive experience proceed to:

6. [Cue Word]
   “If you were to give your resource a name, what would it be?”
   “Hold that positive resource and the word together and follow my fingers. [BLS] What do you notice?”

7. [Linking the resource to reprocessing the identified Target]
   “When you think of your resource and how it helped you in the past, how disturbing is the thought of reprocessing the incident we have chosen, on a 0-10 scale, where 0 is not at all disturbing and 10 is very disturbing?”

8. [Partnering]
   “When we get ready to work on that incident, I want you to remember you have that resource to help you reprocess that incident.”