

EMD Worksheet

PURPOSE

Desensitizing a single event or part of an event, limiting access to associated channels of memories.

Specific Instructions:

“Often we will be doing a simple check on what you are experiencing. I need to know from you exactly what is going on with as clear feedback as possible. Sometimes things will change and sometimes they won’t. There are no ‘supposed to’s’ in this process. So just give as accurate feedback as you can as to what is happening without judging whether it should be happening or not. Just let whatever happens, happen.” [Remind the client of their STOP signal.]

Target Memory or part of a memory:

Image: (Most disturbing) *“What picture represents the worst part of the experience?”*

If no picture: “When you think of the experience, what do you get?”

Negative Cognition: *“What words go best with that picture that express the negative belief (or thought) you’re having about yourself **now**?”*

Positive Cognition: *“When you bring up that picture, what would you prefer to believe about yourself instead?”*

Validity of Cognition (VOC):

“When you think of that picture, how true do the words (repeat the Positive Cognition above) feel to you now on a scale of 1 to 7, where 1 feels completely false and 7 feels completely true?”

1 2 3 4 5 6 7

Emotions: *“When you bring up that picture and those words (NC from above), what emotion(s) do you feel **now**?”*

SUD: *“On a scale of 0 to 10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel to you **now**?”*

1 2 3 4 5 6 7 8 9 10

Location of Body Sensation: *“Where do you feel it in your body?”*

Desensitization:

“I’d like you to bring up that picture, those negative words (repeat the Negative Cognition), and follow my fingers.” (12-15 repetitions of BLS or shorter in order to limit access to associations.)

After each set: *“Let it go. Take a deep breath.”* (Pause.) *“What are you noticing **now**?”*

Return to Target after each set: *“When you bring up that picture and those negative words on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does it feel to you **now**?”*

Continue with additional (short) sets of BLS and returning to the target after each set until the disturbance is as low as the client can go or it is ecologically appropriate under the current circumstances.

Once the SUD has stopped decreasing, move to Installation.

Installation:

“Do the words (repeat the PC) still fit, or is there another positive statement you feel would be more suitable?”

*“Think about the original experience and the words (repeat the selected PC). From 1 (completely false) to 7 (completely true), how true do they feel to you **now**?”*

“Hold them together.” Apply BLS. *“How true do those words (PC) feel to you **now** when you think of the original experience on a scale of 1-7 where 1 is untrue and 7 is absolutely true?”*

Continue installation as long as the material is becoming more adaptive. If client reports a 6 or 7, Apply BLS again to strengthen and continue until it no longer strengthens. If client reports a 6 or less, check for ecological appropriateness and consider the possibility of blocking beliefs preventing additional installation.

Closure:

Debrief the experience: *“The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories or dreams. If so, just notice what you are experiencing--take a snapshot of it in the TICES log. Use the Safe Place exercise to rid yourself of any disturbance. Remember to use a relaxation technique daily. We can work on this new material next time. If you feel it is necessary, call me.”*

Reevaluation: Check in with the client on how they have been able to respond or manage the challenging situation related to the memory or part of the memory that was targeted. Check for additional intrusive thoughts, startle responses and other symptoms. Check the SUD of the original experience – if you only targeted a part of the memory, consider targeting the entire experience to complete resolution.