LECTURE 1
WHAT EVERYONE ALREADY KNOWS ABOUT EMDR

History of EMDR Training Approach
(Shapiro)
1990-2006
• 2 Levels / Weekends
• 17 hours
• 2&1/2 Days
• Level 1:
  • 8 phases, 3 prongs, special situations
• Level 2:
  • Review 8 Phases, 3 prongs
  • Cognitive Interweave
  • Special Populations Breakouts
• Practice: 2 Days, new partnerships, new targets, new facilitator

2007-EMDRIA Expanded Standards (50 hr training)
• 20 hours plus 10 hours of consultation
• EMDR Institute/EMDRHAP
  • 2 Levels / Weekends
  • 3 Days
    • Weekend/Part 1:
      • 8 phases, 3 prongs, special situations
    • Weekend/Part 2:
      • Review 8 Phases, 3 prongs
        • Cognitive Interweave
        • Special situations
• Practice: 3 Days, same partnerships, same treatment plan, same facilitator
**EMDR Standard 8 Phases, 3 Prongs**  
(Shapiro) Symptom Focused: 2007

<table>
<thead>
<tr>
<th>Phase</th>
<th>Description</th>
<th>Prong</th>
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<tr>
<td>1.</td>
<td>Phase 1: EMDR History</td>
<td>PAST</td>
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<td>2.</td>
<td>Phase 2: Preparation</td>
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<td>3.</td>
<td>Phase 3: Assessment</td>
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<td>4.</td>
<td>Phase 4: Desensitization</td>
<td>PRESENT</td>
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<td>5.</td>
<td>Phase 5: Installation</td>
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<td>6.</td>
<td>Phase 6: Body Scan</td>
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<td>7.</td>
<td>Phase 7: Closure</td>
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<td>8.</td>
<td>Phase 8: Reevaluation</td>
<td>FUTURE</td>
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**Positive resources as needed**

- Each Target
- 8 phases
- Each possibly with different NC/PC structures Prongs

**The past is present**

- EMDR addresses disturbing life experiences that contribute to clinical problems and health
- Symptom Clusters organize the EMDR Treatment Plan
  - Weekend 1 Training
    - Irrational negative belief of self
  - Weekend 2 Training
    - Behaviors
    - Emotions
    - Body sensations
    - Senses
    - People, places or things
    - Other
Belief Focused Targeting Sequence Plan

- Presenting negative core belief defines the cluster
  - Core Belief
    - Emotion
    - Affect
    - Sensations
- All targets within the cluster resonate with that belief
  - Future anxieties
  - Present triggers
  - Past

Case Conceptualization

- Presenting complaint
- Negative Core Belief / Adaptive Core Belief
- Targeting Plan
  - Present Triggers
  - Past experiences
    - Touchstone
  - Future Triggers

Case Conceptualization

- Stabilization
- Bilateral stimulation mechanics
- Calm/soothing / secure place
Processing

Phase 3: Accessing and Activating
Phase 4: Desensitization
Phase 5: Installation
Phase 6: Body Scan
Phase 7: Closure

Integration

Phase 8: Re-evaluation
• Checking the work
• Present Triggers

Completing the Targeting Sequence Plan

Three-pronged Processing
• Past Experiences
• Present Triggers
  • Clear out any additional ‘present triggers’
  • Run Future Templates on all present triggers

Target Sequence Plan

Presenting Complaint: Anxiety over retirement
Negative Belief: “I am totally helpless.”
Positive Belief: “I am empowered to cope with it.”

Future: Retirement

Present - Anticipating Retirement

Past
Kayaking
Slipping out of boat

Hog-tied on toch
(Touchstone)