

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 Population 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.

8 Phases

3 Prongs

- | | |
|-----------------------------|---------|
| 1. Phase 1: EMDR History | PAST |
| 2. Phase 2: Preparation | |
| 3. Phase 3: Assessment | |
| 4. Phase 4: Desensitization | PRESENT |
| 5. Phase 5: Installation | |
| 6. Phase 6: Body Scan | |
| 6. Phase 7: Closure | |
| 8. Phase 8: Reevaluation | FUTURE |

EMDR Standard 8 Phases, 3 Prongs

(Shapiro), (1990-2006): 10 worst and best experiences across life-span)

- Positive resources as needed



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

EMDR Standard 8 Phases, 3 Prongs

(Shapiro), (2007-Present: Presenting Symptom Focused)

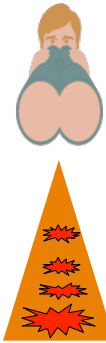
- The past is present
- EMDR addresses disturbing life experiences that contribute to clinical problems and health
- Symptom Clusters organize the EMDR Treatment Plan
 - Weekend 1 Training
 - Irrational negative belief of self
 - Weekend 2 Training
 - Behaviors
 - Emotions
 - Body sensations
 - Senses
 - 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

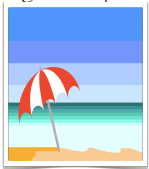
Case Conceptualization

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



Case Conceptualization

- Stabilization
- Bilateral stimulation mechanics
- Cate/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)

