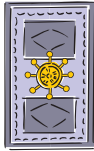


LECTURE 6a

* RESOURCING - STABILIZATION SKILLS

Vault



PREPARATION FOR PROCESSING

(Chapter 5: Shapiro 2001)

GOALS

- To prepare the client for EMDR (BLS) processing
- Explain the EMDR process
- To demonstrate the “mechanics” of EMDR
- To ensure the client has “good enough” stabilization and affect management skills such as:
 - Breathing
 - Container
 - Calm inner peace
 - Other
- To ensure the client has a stop signal
- To ensure the client can maintain dual attention:
 - One foot in the office, one foot in the memory

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EXPLANATION OF THE VALUE OF BILATERAL STIMULATION (BLS)

- Images fade, emotions and sensations become more calm
- BLS activates REM processing and therefore, a catalyst for adaptive consolidation
- BLS is the catalyst of processing
- Resourcing
 - Slow BLS is thought to enhance calm, and sooth, the positive experiences
- Single neural network activation—positive network only
- Keep negative material ‘off line’
 - Eye movement (Shapiro)
 - “tapping in” (Parnell)
 - ‘walking through it’ (E Shapiro / Kiessling)
- Slow BLS is thought to enhance calm, soothing positive experience
 - Allows the client to ‘settle into’ the positive experience

BACKGROUND TO RESOURCING PROCEDURES

- Calm place (Shapiro, 1996)
- Resource development and installation (Korn & Leeds, 2002; Leeds, 1998)
- ‘Tapping in’ (Parnell, 2008)
- Extended resourcing (Kiehl, 2007): Part 2 training
 - Stabilization / affect management
 - Mindfulness
 - Breathing
 - Muscle relaxation
 - Containment
 - Calm inner peace
- Behavior change
 - Performance enhancement
 - Addictions

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STANDARD RESOURCING PROCEDURES
(Kiehl, 2012)

ACCESS AND ACTIVATE

1. Image / sense
2. Emotions
3. Sensations
4. Enhance
5. Deepen
 - ‘Tap in’ / ‘walk through it’

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PRACTICE (using the skill-in the office)

6. Cue word
7. Self-cueing
8. Cueing with disturbance
9. Self-cueing with disturbance

INTEGRATE the skill into one's daily life

10. Practice / Homework

TASK: ENHANCE (pre-existing) or DEVELOP (starting from



DIAPHRAGMATIC BREATHING

DEVELOP

- Step 1.** "Assume a comfortable position and a positive attitude."
- Step 2.** "Place one hand on your chest and the other on your abdomen."
- Step 3.** "Take a slow deep breath in through your nose, imagining that you are sucking in all the air in the room and hold it for a count of 7 (or as long as you are able, not exceeding 7) and have your hand on the abdomen raise higher than the one on the chest."
- Step 4.** "Slowly exhale through your mouth for a count of 8"
- Step 5.** "As all the air is released with relaxation, gently contract your abdominal muscles to completely evacuate the remaining air from the lungs."
- Step 6.** "Repeat the cycle four more times for a total of 5 deep breaths and try to breathe at a rate of one breath every 10 seconds."

Consider 'tapping in' / 'walking through it' to allow positive sensations to 'settle in.'

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PRACTICE

Step 6. Cue word

"Give this process a word, then repeat the breathing exercise."

Step 7. Cueing with disturbance

"Now think of a mildly disturbing recent experience, and repeat your breathing exercise.
Notice the positive shift that occurs."

Consider 'tapping in' / 'walking through it' to allow positive sensations to 'settle in.'

INTEGRATE

Step 8. Practice

"Practice your breathing as often as possible between now and when we meet again."

DEVELOPING A CONTAINER
(Adapted from Landry Wildwind, 1998)

DEVELOP

Step 1. Design characteristics

- Strong: *“Have it strong enough to hold what you put into it.”*
- Two-way valve: *“Have a two-way valve system to put things in and take parts out.”*
- Comfortable inside: *“Have it be comfortable inside so those experiences are willing to stay until you are ready to work with them.”*
- Tell me about your container _____

Step 2. Imagine using the container

“Now imagine how it would feel if you knew you could access and use your container when disturbing experiences or memories come up.”

Consider ‘tapping in’ / ‘walking through it’ to allow positive sensations to ‘settle in.’

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PRACTICE

Step 3. Cue Word

“As you think of your container and the positive feelings associated with it and your ability to use it, what word or phrase would you use to describe it?”

Consider ‘tapping in’ / ‘walking through it’ to help the positive sensations ‘settle in’\

Step 4 . Using with disturbance

“Now think of a mildly disturbing recent experience, access your container (cue word) and notice the positive sensations that you experience when you put those disturbing experiences into your container.” (Repeat as appropriate)

Consider ‘tapping in’ / ‘walking through it’ to help the positive sensations ‘settle in’\

PRACTICE

Step 5: Using with disturbances

“Now think of a mildly disturbing recent experience, access your container (cue word), and notice the positive sensations that you experience when you put those disturbing experiences into your container.” (Repeat as appropriate.)

INTEGRATE

Step 6. Practice

“Practice using your container as often as possible between now and when we meet again.”



CALM INNER SECURE PLACE

(Calm / Safe Place : Shapiro, 2001)

DEVELOP:

Step 1. Accessing a relaxing experience

“Imagine a place / experience where you recently felt calm and relaxed.”

Step 2. Emotions and sensations

“Tell me about the images, sensations, smells, sounds [etc.] you are recalling.”

Step 3: Enhancement

“Now focus on these images, sensations, smells, sounds [etc.] and notice the calm inner peace you are experiencing” “What are you noticing?”

- Consider ‘tapping in’ or ‘walking through it’ to allow the positive sensations to ‘settle in’
- Once positive proceed ‘practice’

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PRACTICE

Step 4. Cue word

“Give that positive experience a word or phrase ... Now repeat that word along with its positive emotions and sensations. What do you notice?” (If positive, proceed.)

Step 5: Cueing with disturbance

“Now think of a mildly disturbing recent experience and access your cue word and its associated positive feelings and sensations. Notice the positive shift that occurs. What do you notice? (If positive, repeat the experience as necessary to strengthen the connections.)

INTEGRATE

Step 6. Practice

“Practice this process as often as possible between now and when we meet again.”

ADDITIONAL SELF-SOOTHING INTERVENTIONS

All of the below interventions can be easily integrated into the standard resource stabilization procedures and 'tapped in'

GETTING PAST YOUR PAST (Shapiro, 2012)

Coping Skills

- Belly breath
- Body changes
- Breathing shift
- Centering
- Light-stream
- Meditation
- Paint can
- Spiral
- Water hose
- Wet eraser



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OTHER SELF-SOOTHING INTERVENTIONS

- Time capsule (real or imagined)
- Diaphragmatic breathing
- Squeezing Play-Doh / clay / balloon filled with sand, seeds, etc.
- Counting backwards
- Playing with your DS (or other portable video game devices)
- Walking
- Jogging
- Bike riding
- Drumming
