LECTURE 10

Integration

INTEGRATION

PHASE E: REEV ALUATION

(Chapter 8; Shapiro, 2001)

* Getting re-acquainted
  * Three-tiered process
    * Global bio-psychosocial check-in
    * How the week has gone
    * New issues
    * Presenting complaint check-in
    * Present triggers
    * Dreams
    * Responses
    * Behaviors
    * Attitudes
  * Target check-in
    * Insights about target

* Treatment session options
  * Integrate / discuss / share
    * The previous processing session
      * What has / has not changed / insights
    * Psycho-education / new skills / role plays
    * Check / assign homework
Deborah
Reevaluation

- Return to processing
  - Unfinished target
  - Access and activate
    - Worst part of the target "now"
  - Emotions
  - SUD
  - Body location
  - Resume processing the remaining phases
• Unfinished Targeting Sequence Plan
• EMDR:
  • Chronologically
    • Past to present to future
    or
    • Future to present to past?

Crystal
Reevaluation

CRYSTAL
REEVALUATION
Needle Phobia
CLIENT PRESENTATIONS

- Single dominant belief schema
  - Finish one target (SUD = 0, VoC = 7, clear body scan) before targeting another

- Multiple symptoms
  - Multiple Targeting Sequence Plans (prioritized)
    - Steps: Access / desensitize / install / body scan
      - Complete one belief schema’s Targeting Plan before targeting another.
      - Follow the belief schema Targeting Plan procedures.
• Vague / Diffuse

• Chronological Targeting Sequence Plans

• Steps: Access / Desensitize / Install / Body Scan
  - Complete one target before targeting another.
  - Different targets may have different core belief schema structures.
  - Generalization across the life span
  - Some other targets may be processed through “generalization.”

UNRESTRICTED EMDR PROCEDURES

• Past
  - Touchstone / additional past experiences
    • Identified
      - During history tracking
      - During reevaluation
      - During processing
    - Process each target
      - Access & Activate
      - Desensitize: SUD = 0
      - Install: VoC=7
      - Body scan - clean

• Present triggers
  - Remaining / new present triggers
    • Access & Activate
    • Desensitize: SUD = 0
    • Install: VoC=7
    • Body scan - clean
• Future templates
  • All past and present targets have been processed
  • Run problem solving situations consistent the the core belief schema

AIP
  • Solidifying existing positive neuro-networks projected to occur in the future situations
  • Identifying any residual negative network that potentially could be triggered in the future
  • Run a future template with each present trigger and other anticipated experiences that resonate with the core belief schema

LYNDA

I'm not good enough

I'm not deserving
LYNDA

I'm not good enough

I'm not deserving

I'm not good enough to belong