What is EMDR? EMDRIA def

1. Unique standardized set of procedures and clinical protocols which incorporates dual focus of attention and alternating bilateral visual, auditory and/or tactile stimulation
2. Based on available relevant research, treatment fidelity to the 8 phases (Shapiro, 2001) produces the best results. However, in certain situations and for some populations, [...] procedures may be implemented in more than one way as long as the broad goals of each phase are achieved.
3. [...] relationship sufficient to give the client a sense of safety and foster [...] ability to tell the therapist what s/he is experiencing throughout the reprocessing. The client develops mastery of skills in self-soothing and in affect regulation as appropriate to facilitate dual awareness during the reprocessing sessions and to maintain stability between sessions.
4. It may be important, especially for those clients with complex trauma, to enhance the ability of the individual to experience positive affect through promoting the development and expansion of positive and adaptive memory networks, thus expanding the window of affect tolerance, and stimulating the development of the capacity for relationship.
Flexibility

- Innovation, Flexibility and Clinical Judgment as Applied to Particular Clients or Special Populations
- BVa. To achieve comprehensive treatment effects a three-pronged basic treatment protocol is generally used so that past events are reprocessed, present triggers desensitized, and future adaptive outcomes explored for related challenges. The timing of addressing all three prongs is determined by client stability, readiness and situation. There may be situations where the order may be altered or prongs may be omitted, based on the clinical picture and the clinician’s judgment.

Adaptation

- BVb. As a psychotherapy, EMDR unfolds according to the needs, resources, diagnosis, and development of the individual client in the context of the therapeutic relationship. Therefore, the clinician, using clinical judgment, emphasizes elements differently depending on the unique needs of the particular client or the special population. EMDR treatment is not completed in any particular number of sessions. It is central to EMDR that positive results from its application derive from the interaction among the clinician, the therapeutic approach, and the client.

What is EMDR

1. Activation of the disturbing memory network
2. Bilateral stimulation of the memory within a Dual Attention context
3. Moving the memory network from episodic to narrative memory

Derek Farrell 2015
What is EMDR 2

1. Safety
2. Fire up the Networks
3. BLS
4. Safety

Laurel Parnell 2007

Five Essential Elements of AF-EMDR

- Foster client safety
- Develop and nurture the therapeutic relationship to facilitate healing
- Use client-centred approach
- Create reparative neuro-networks through the use of Resource Tapping
- Use modified EMDR whenever client needs necessitate.

Five Main Themes

- Resourcing
- Target Selection
- Phase Three
- BLS/DAS
- Interweaves
Five Main Themes

- **Resourcing**
- **Target Selection**
- **Phase Three**
- **BLS/DAS**
- **Interweaves**

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**Resourcing**

**SP**

**MP**

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**Tapping Them In**

- **Special/Peaceful/Calm (Safe?) Place**
- **Nurturing Figures**
  - kindness, support, gentleness, love, warmth. Able to soothe and hold.
- **Protector Figures**
  - Determination, strength, courage, solidity, even ferocity. Able to fight your corner.
- **Wisdom Figure(s)**
- **Also, perhaps a Magical Figure? (kids love it)**
Metaphors

A comparison in which one thing is said to be another.

Example:

She is a walking dictionary.
Tapping Them In

- Special/Peaceful/Calm (Safe?) Place
- Nurturing Figures. Usually 3
  – kindness, support, gentleness, love, warmth. Able to soothe and hold.
- Protector Figures. Likewise 3
  – Determination, strength, courage, solidity, even ferocity. Able to fight your corner.
- Wisdom Figure(s). Generally one will do
- Also, perhaps a Magical Figure? (kids love it)
Five Main Themes

- Resourcing
- **Target Selection**
- Phase Three
- BLS/DAS
- Interweaves

Target Selection (Float/Affect/Bridge)

The Bridge

*Distress/Event*
*Image (Moment)*
*Emotion*
*Body*
*Self-belief*
The Bridge

Distress/Event
Image (Moment)
Emotion
Body
Thoughts/Belief

• Trace it back in time
• As far as you can

Without censorship

WDYG

The Bridge

Distress/Event
Image (Moment)
Emotion
Body
Thoughts/Belief

• Trace it back in time
• As far as you can

Without censorship

WDYG

Bridge FROM

• Symptom, issue or current problem
• Behaviours
  – e.g. procrastination, overeating, bingeing, cutting, and drinking (just before the urge, cf Knipe LOU)
• Emotion(s)
• Physical Sensation(s)
• Negative Cognition/Thought/Belief
• Dreams (though also in themselves)
let’s give it a try!

The Bridge

Distress/Event
- Trace it back in time
- As far as you can
- Without censorship

Event
- Image (Moment)
- Emotion
- Body
- Thoughts/Belief

Five Main Themes
- Resourcing
- Target Selection
- Phase Three Activation
- BLS/DAS
- Interweaves
NUMBERS!!!!

1-7
0-10
24
AAAAGGGHHH!!

Spot the Difference

Phase 3 Firing Up/Activation

- Standard Protocol (The Works)
- DeTUR (Popky)
  - Desensitization of Triggers and Urges Reprocessing
- Blind to Therapist (Blore et al)
- Feeling State (Miller)
- LOUA & LOPA (Knipe)
  - Level of Urges to Avoid
  - Level of Positive Affect
- Recent Traumatic Events (E. Shapiro)
- Early Trauma Protocol (O'Shea)
- Children generally...
- “Modified Protocol”
SP Phase 3 vs Parnell’s Simplified

- Event .............. R/L
- Image ............. R
- NC .................. L
- PC (same domain etc) ....
- VoC (1-7) ........... L
- Emotion .......... R
- SUDs (0-10) ...... L
- Body ............... R

Farrell Research Iraq 2016

- First quasi-experimental design study using Blind 2 Therapist Protocol
- Research took place during a intensive 6 day EMDR Therapy Level 2 training (May 2016)
- 6 Month follow-up November 2016 during EMDR Therapy Level 3 training (6 days)
- Client – self selecting: STANDARD or B2T
- Each EMDR Therapy session supervised live by EMDR Europe Accredited Consultant
- Null Hypothesis

Target Issues using B2T Protocol

- Rape
- Witnessing a murder
- Recent Trauma
- Sports injury
- Bereavement
- Road Traffic Collision
- Bullying
- War-related conflicts & incidents
- Torture
- Dog attack
- Imprisonment
- Vicarious trauma
- Gender-based violence
Iraq Project 1: Kurdistan – Blind 2 Therapists Research

Research Findings

- 90% of the research participants would **NOT** have worked on their trauma experience without using the B2T protocol
- 95% Disclosed their trauma after EMDR Therapy
- B2T Protocol was **SAFE**
- Omission of C-, C+ and VOC still proved effective
- Script of Protocol had to be adapted slightly to make more specific
- Clear definition of what was meant by ‘CHANGE’ during processing

Five Main Themes

- Resourcing
- Target Selection
- Phase Three Activation
- BLS/DAS
- Interweaves
EMs - Left Brain Right Brain
Five Main Themes

• Resourcing
• Target Selection
• Phase Three Activation
• BLS/DAS
• **Interweaves/Session Structure**

Interweaves

• Use only when the processing is stuck or to help in session closure
• Offer the interweave, then move out of the way
• Don't interpret, inquire
• Use simple language, few words
• When processing a childhood memory use language and concepts a child would understand
Inquiry Interweaves

- Socratic method
- "I'm confused"
- "If this were your child . . . best friend, client, sponsee . . ."
- Open-ended question ("Why did you do that?", "is that true?")
- "What happened next?"

Truth Interweaves

- Validating personal reality: “What Do You Understand Now?” Or “What Do You Know Now to Be True?”
- Facilitating a broader perspective: “Look at the scene. What do you see?”
- Holding the opposites with a nondual interweave

Imagination Interweaves

- What does the child need? Who can do that? Imagine that.
- Creating an imaginary scenario or solution to a problem
- Rewriting the scene: Knowing what you know now, what would you do differently? Or, If you could redo this scene, what would you do?
- Expressing forbidden impulses
Sorting Interweaves
- Split-screen interweave
- Two-hand interweave

Education Interweaves
Providing information the client lacks (e.g., “It is normal for the body to experience pleasure when it is touched a certain way”)

Rescue Interweaves
Using imagination interweaves – let’s get you out of there. Esp towards end of session.

Reminder - What IS EMDR

1. Safety
2. Fire up the Networks
3. BLS
4. Safety

And Special Thanks to....
Attachment-Focused EMDR: Healing Developmental Deficits and Adults Abused as Children
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London Sept 26-27 2017
EMDR & the Transpersonal
Sheringham Nfk June 23-25
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