

Resource Connection Envelope (RCE) in the EMDR Standard Protocol and in the Recent Traumatic Episode Protocol (R-TEP)

A worksheet - Brurit Laub¹ -Feb. 2012
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PHASE II. PREPARATION + Past Resource Connection (PRC)

Preparation according to the Standard Protocol.

Past Resource Connection (PRC)

Recall of a positive memory

Therapist: "Before we start to work on(the issue/difficulty)
I would like you to recall a memory in which you felt good with your
self...a time, or a situation, in which you felt really well... and whole... it
can be an old memory or a more recent one...it can be a memory of a few
moments...what is the first thing that comes to mind?"

.....
Note: If the client asks if she should find a memory which fits the
issue/difficulty the therapist says: "It does not matter... whatever comes
first..."

If negative elements are blended with the positive memory the therapist
suggests to try and focus only on the positive aspects.

If the client can't do it the therapist may suggest to find another positive
memory.

If this is also difficult it may be necessary to do more resource work
(Preparation phase).

Installation of the PRC

The client is asked to choose one picture of the positive memory and
focus on it while doing a brief Butterfly Hug tapping (up to 14).

Therapist: "You may close your eyes while beginning to tap... allow
yourself to stay with the memory and be there...notice what you
see...hear... smell... allow your feelings and body sensations to
emerge ..."

The therapist inquires about the feelings and body sensations that came
up and writes them down.

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This can be done a few times until there is no change.

Verbal Cue

The therapist asks the client to choose a word or a sentence which goes well with the resource.

Therapist: "Say the word/sentence you chose and allow yourself to connect to the positive memory again... you may close your eyes...give yourself the Butterfly Hug tapping...notice your feelings and body sensations...."

The therapist inquires if something new came up and writes it down.

Therapist: "The name is like an entrance door to the positive memory, each time you say it you can immediately connect to the resource. Now the resource is accessible and you may use it whenever you feel the need to...the connection to the resource can recharge you... it is like filling your car with gasoline..."

Posture cue (option)

The therapist asks the client to choose a posture which fits the resource.

Therapist: "Now you have two entrance doors to the positive memory. Let's exercise it. Say the word/sentence and do your posture ... you may close your eyes... give yourself the Butterfly Hug tapping and notice your feelings and body sensations..."

The therapist inquires if something new came up and writes it down.

PHASE 3. ASSESSMENT

According to the Standard Protocol

PHASE 4. DESENSITIZATION

According to the Standard Protocol.

Notice Present Resources (Pr.RC)

The therapist marks the letter **R** next to each adaptive response (each positive thought, emotion, or body sensation, or combination of these).

PHASE 5. INSTALLATION

According to the Standard Protocol

PHASE 6. BODY SCAN

According to the Standard Protocol

PHASE 7. CLOSURE

According to the Standard Protocol except the closure with a closing resource.

Connection to a Closing Resource (also in incomplete session)

1. Choosing a Closing Resource

The therapist reviews all the resources that emerged in the session, (PRC and Pr.RC) and ask the client to choose one of these, or another one, to close the session.

2. Installation of the Closing Resource

The client is asked to reconnect to the chosen resource and notice her feelings and body sensations while doing the Butterfly Hug. The therapist inquires about the experience and writes it down.

Verbal cue

The client is requested to find a word or a sentence which fits the closing resource and reconnect to it while doing the Butterfly Hug.

Therapist: "Say the name of the resource, close your eyes and go into it...notice your feelings and body sensations..."

The therapist inquires about the experience and writes it down.

Therapist: "Now the resources are accessible and you can connect to them and recharge yourself whenever you feel the need to do it".

Expanding a simple resource to create a closing resource (option)

A positive cognition, feeling, or body sensation can be expanded by focusing on one modality and noticing the others.

Therapist: "When you repeat the sentence...(final PC) notice if any image emerges....any feelings....body sensations....".

The therapist guides the client how to install the resource with the Butterfly Hug tapping and then inquires what came up and writes it down.

Future Resource Connection (FRC) (option)

1. Eliciting a future resource

The therapist asks the client to imagine how she would like to see herself in the future.

2. Installation of the FRC

The client is asked to choose one future image and connect to it while doing the Butterfly Hug tapping.

Therapist: "Notice your feelings and body sensations..."

The therapist inquires about the experience and writes it down.

3. Verbal Cue of the FRC

The therapist asks the client to choose a cue word, or a sentence, which goes well with the future image and connect to it while doing the Butterfly Hug tapping.

Therapist: "Notice your feelings and body sensations..."

The therapist inquires about the experience and writes it down.