

## Working with 10 positive and disturbing (negative) memories in the Intake

BY: Shula Brin

The idea of using early memories in therapy originates with Adler. Adler discovered the “style of life” of a person by analyzing earliest memories (up to age 10).

Francine Shapiro recommends to identify targets for EMDR processing by bringing up 10 positive and negative memories during intake.

I suggest to install positive memories rather than merely bringing them up.

I further suggest to process negative memories before the trauma processing.

### Goal

The aim of this procedure is:

1. Getting connected to resources.
2. The processing of the disturbing memories teaches the client to work with EMDR and resolve problems, so that when he comes to process the trauma he has more strength.

### Installing 10 positive memories

During the Intake the therapist asks for 10 positive memories from age 0 to 16.

She installs each by asking for:

the **picture** (the best moment of the memory), the **PC**, the **emotion** and the **body sensation**.

The BLS is short like in resource installation. The therapist does 2 sets, and moves on to the next memory. This is done with all the positive memories.

### Bringing up 10 disturbing (negative) memories

1. The therapist asks for 10 disturbing memories.

There is **no processing** of them except evaluation:

Choosing a **picture**, **NC**, **emotions**, **body sensations** and the **SUDs**.

2. Divide them into clusters according to the **NC**.

During therapy when you decide to process them, you take one memory from each cluster, the one with the highest **SUDs**. Eventually you should not have to process the other ones because of the generalization effect.