



EMDR Group- Traumatic Episode Protocol (G-TEP) Manual 7th Edition

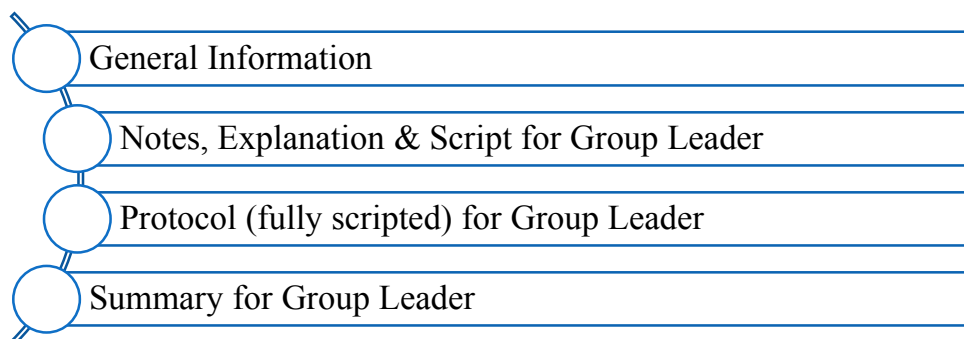
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MANUAL COMPONENTS



The EMDR G-TEP protocolⁱ was based on the seminal work of Dr Francine Shapiro originator of EMDR Therapyⁱⁱ.

General Information will appear throughout the manual. It is intended to assist in the understanding of the EMDR G-TEP Protocol. This information will help to guide you through the process from the first time you see the group through to follow-up. General information includes items that are needed for clients and group leaders when using the EMDR G-TEP Protocol as well as general information about procedures.

❖ **Notes & Explanation for the Group Leader** are indented and show a mark with four diamonds to the left (as shown here). The information describes the set-up and other specific details that should be followed when using the EMDR G-TEP Protocol.

***Script for the Group Leader** will be highlighted with the color that represents the Step in the protocol. For example, the first step is to determine a present resource with each group member, on the participant worksheet you will notice that the first step is displayed in yellow. Everything that is related to step one will be highlighted in yellow. The color chart is noted on page 7 of this manual.*

The fully scripted G-TEP **Protocol** is found on page 6. A **Summary** of the G-TEP protocol follows on page 16 and a pocket protocol table on page 20. These can be used as quick references when using the manual in a group setting. Be sure to familiarize yourself with the entire manual prior to beginning the group.

The full scripted **G-TEP PROTOCOL** will be identified by this graphic.



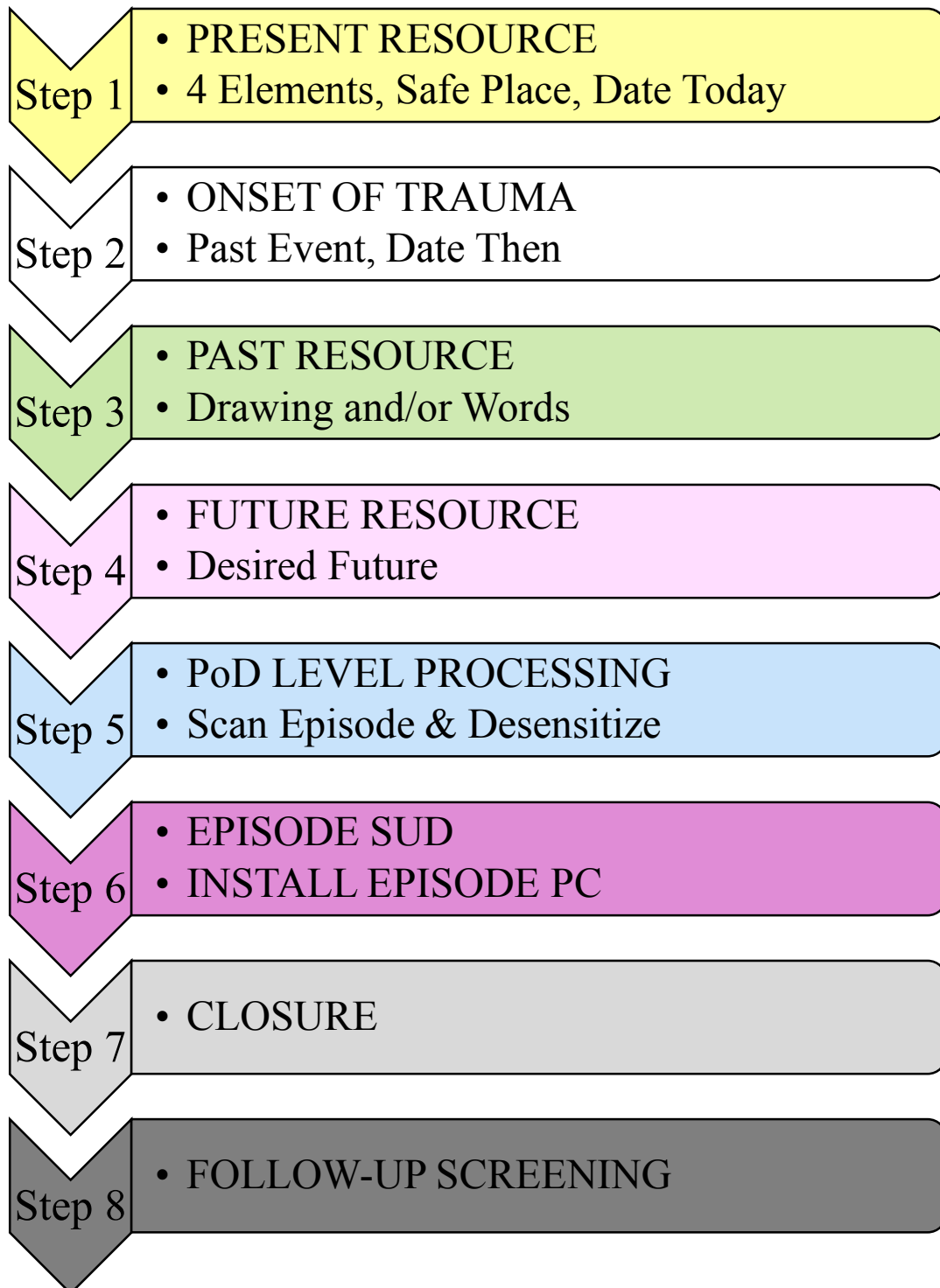
The **SUMMARY** will be identified by this graphic.



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STEPS OF THE PROTOCOL REPRESENTED IN COLORS



The EMDR G-TEP protocol has two parts and eight steps.



PREPARATION & SAFETY

PART ONE

- STEP 1



TRAUMA EPISODE PROCESING

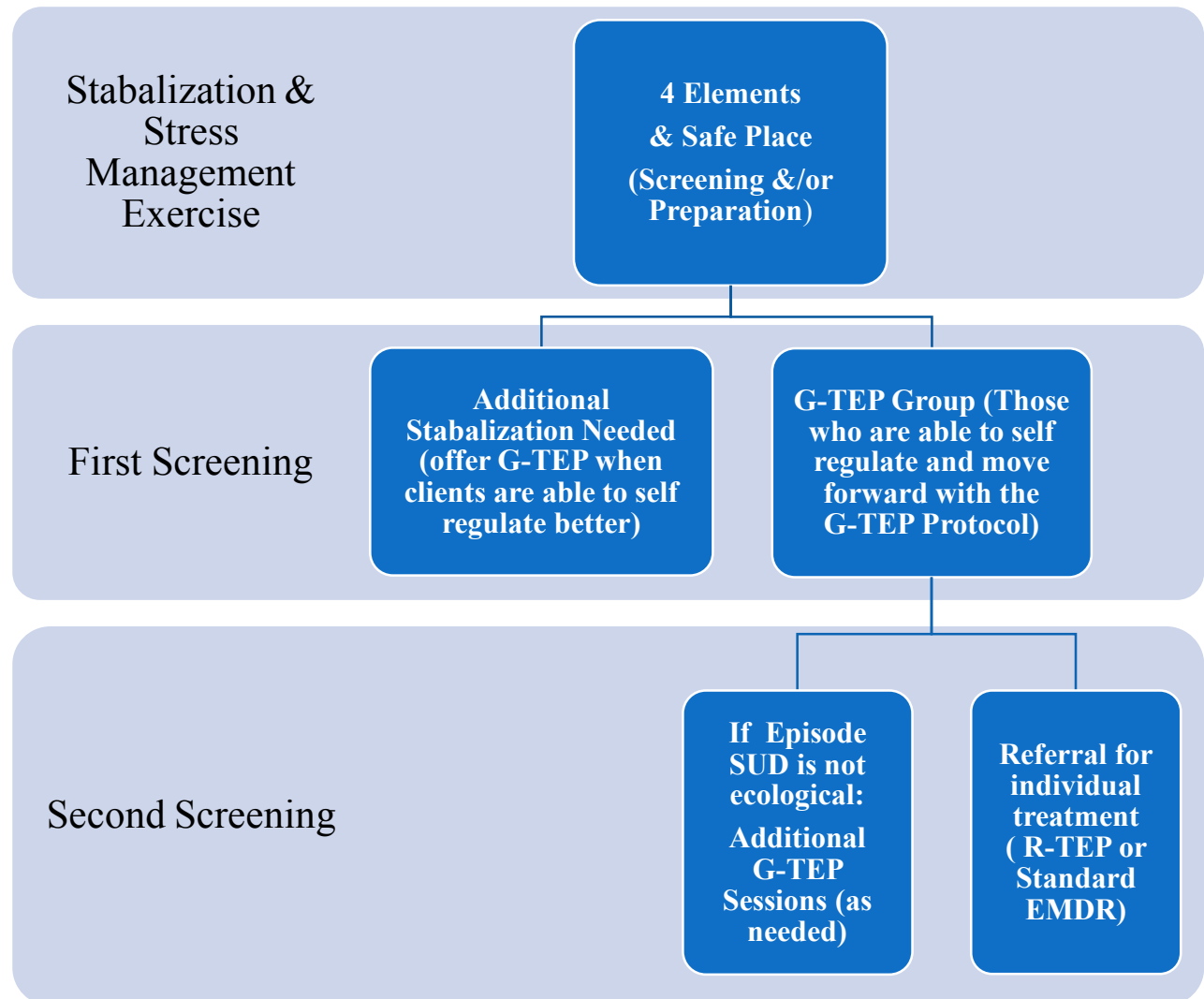
PART TWO

- STEP 2
- STEP 3
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- STEP 6
- STEP 7
- STEP 8

A HIERARCHICAL INTERVENTION & SCREENING WITH EMDR G-TEP

IN LARGE SCALE CRITICAL INCIDENTS, MANMADE OR NATURAL DISASTERS

Conduct an initial brief intake interview and administer psychometric data collection (assessing PTSD symptoms, Depression & Resilience). Next establish groups of up to 12 participants seated around a table. Participants may have been exposed to the same or different critical incidents.



EMDR G-TEP PROTOCOL

SCRIPT

EXPLANATION (Part One: Preparation & Screening)

Script: “You have all had disturbing experiences recently which may have affected you in different ways. The work that we will do here can help you feel calmer and stronger and regain your balance. My name is _____ and I will be leading the group. I’d also like you to meet (name other team members). We would like to take some time to have each of you introduce yourself and tell us something about yourself. We will be discussing what has happened but not quite yet. Let’s first just get to know each other a bit. Maybe you want to share something you enjoy doing or a hobby that you have, just a little something about who you are. I’ll begin.....”

❖ Leader: Say your name and something about yourself, as an example.

We are going to teach you how you can reduce stress and feel more in control with the 4 Elements exercises and wristband (or sticker on cell phone or watch, etc.).”

STEP 1: PRESENT SAFETY (RESOURCE)

Hand out silicon wristbands (or stickers) and say:

Script: “Look at your wristbands (or stickers) and then notice how much stress/anxiety or tension you feel right now on a scale of zero (Low) to 10 (High) and *write it in the small circle in the Step 1 box* where it says *‘before 0....10 (show)’*”

Script: “Starting with your feet we begin with the 1st Element EARTH – place both feet on the ground, feel the floor/ground.....and the chair supporting you.....take a minute to ‘land’, to take ‘time out’, to be here, now.....Look around and notice 3 things you didn’t notice before.....what 3 things do you see?.....Now notice what do you hear.....what else.....you are here now.....and you are safe here now.”



Script: “Now going up your body for the 2nd Element AIR. Notice your breathing.....now breath in through your nose letting the air go all the way to your stomach as you count 4 seconds (1..2..3..4)....then gently hold for 2 seconds (1...2) and then breath out for 4 seconds (1..2..3..4)....Let’s take a minute for about 6 deeper slower breaths like this.....as you come back to yourself.....to your center”

Script: “Continue up your body to the 3rd Element WATER. Is your mouth dry or do you have Saliva?.....When you are anxious or stressed your mouth often dries up but when you are making saliva it is a sign that you are relaxing.....take a minute or two to make more and more saliva.....you can imagine the taste of a lemon.....to make more and more saliva.....as you do this you may also notice that you have more and more focus and control of your thoughts and body”

Script: “Now with your feet on the ground, breathing more deeply and slowly; making more and more saliva we move to the 4th Element FIRE or LIGHT.....bring up an image or a PLACE or a situation that helps you to feel calmer and safer.....let’s call this your SAFE or CALM PLACE.....in the Step 1 box draw and/or write something that reminds you of this safe or calm place, situation, or activity.....a sketch or a symbol or words.....notice what you feel when you connect to that place and how you feel in your body?”

Script: “Keep noticing how you feel in your body when you focus on your safe or calm place.....give it a name.....and strengthen the connection with another long set of Butterfly Hugs* as you say the name and focus on your safe place.....Look at your wristband (sticker) again and notice how much stress you feel now from zero (low stress) to 10 (high stress).....and write it in the small circle in the Step 1 box where is says ‘after 0 – 10’...”

Script: “Who would like to share their safe or calm place with us?.....
If you practice the 4 Elements exercises about 6 - 10 times a day.....every time you notice your silicon wristband (sticker) you can monitor your stress level from 0 – 10 and then try to reduce it at least by 1 or 2. After a week or 2 you may be able to calm yourself more easily just by looking at and touching your wristband”



Screen for participants who had difficulty reducing their (0 to 10) distress levels and who are not yet ready for the G-TEP processing and may need further preparation or individual attention.

When continuing the next day or later, briefly review the 4 Elements Exercises.

Read script in the yellow boxes (using the words above for the first three elements; Earth, Air, Water). Then, remind them to look at their safe place box and be reminded of the feelings connected to it.

PART 2

STEP 2: ONSET OF TRAUMA EPISODE

EXPLANATION (Part Two)

***Script:** “What we will be doing can help your natural system digest the things that are still disturbing you from this difficult time/episode so that you can regain your balance. Just notice whatever you notice...images, thoughts, feelings, body sensations from the memories of your difficult experiences...while you are sitting here safely...with your feet on the ground...and gradually you can begin feeling calmer, safer and more in control here and now. Let’s begin by writing the DATE TODAY here in the Step 1 box.”*

- ❖ Show where to write the DATE TODAY in large print in the Step 1 box

Onset of Traumatic Event

***Script:** “Now write the date (approximate) of when the first traumatic event occurred/the troubles started/in the STEP 2 box **below** DATE THEN”*

- ❖ Show group participants where to write down the DATE THEN.

***Script:** “Write a headline and/or draw something to represent this initial traumatic event or beginning of the Trauma Episode (headline word or words, and/or symbol or sketch)Rate from 0 (low) to 10 (high) the SUD level of disturbance now **and write it in the small circle.**”*

- ❖ Show group participants where to write down the SUD (0 – 10)



STEP 3: PAST RESOURCE

Script: “Recall a memory, or a moment, when you felt good about yourself/whole, what first comes to mind?.....(Pause).....focusing only on the good parts of the memory Notice the feelings and sensations in your body..... (Pause)”

- ❖ Show group participants where Step 3 is on the participant worksheet.

Script: “DRAW or WRITE something to represent this good memory.....a sketch or symbol or words.....Notice what you feel when you connect to that place and how you feel in your body?.....Let’s strengthen this connection (install) with a long set of Butterfly Hugs.....”

- ❖ Demonstrate the Butterfly Hugs (self BLS)

Script: “Keep noticing the feelings and sensations in your body when you focus on your good memory.....give it a name and write it down.....(show where)....and strengthen (install) with another long set of Butterfly Hugs as you say the name and focus on that good memory.....”

- ❖ Invite group sharing of good memories.

Script: “Who would like to share their good memory with us?”

STEP 4: FUTURE RESOURCE

Script: “In the Step 4 Box..... (Pause)”

- ❖ Show group participants where Step 4 is on the participant worksheet.

Script: “there is a list of some ways of thinking. How would you like to think about yourself and what happened? Mark which of these ways make some sense to you.....DRAW or WRITE any other thoughts or pictures of how you would like to see yourself in the future.....”

- ❖ Invite group sharing of desired futures.

Script: “Who would like to share their desired future with us?”



STEP 5: PoD LEVEL PROCESSING

Step 5 / Finding PoD 1: First ‘Google Search’ / Scan with Self BLS

Script: “We have learned that tapping back and forth like this on your worksheet while following with your eyes can help to give distance from a disturbing memory and help you to feel calmer. We still remember it has happened but it feels farther away and sometimes it doesn’t feel as disturbing anymore. We will work together.”

❖ Pause

Script: “Tap the DATE TODAY (in the Step 1 box) and then tap the DATE THEN (in Step 2 box), from side to side, making sure you look at your hand as you do this.”

❖ Demonstrate tapping back and forth from the (Date Now) to the (Date Then).

Script: “Now scan (or think about) the whole Episode in your mind, all that has happened since it began up to today, (like using Google-Search on a computer). Search for anything that is still disturbing you in no particular order..... then STOP..... Now you can DRAW or WRITE something briefly to represent this part that is still disturbing in the Step 5 box next to PoD1. When you finish take some deep breaths until everyone is finished.....”

❖ Show group members where PoD 1 is located on their worksheet.

❖ Give time for all to finish, repeating the instructions if needed.

Script: “Notice how strong that disturbance feels now from (low) 0.....10 (high)?”

❖ Pause

Script: “Write this number down *in the circle next to PoD 1.*”

❖ Show group members where PoD 1 **circle** is located on their worksheet.

❖ The instructions that follow in the dark blue boxes are the same for processing all 3 PoDs and are simply repeated for PoD 1, PoD 2, and PoD 3 after the ‘Google Search’/Scan identifies each PoD

❖



Step 5 / Focused Processing of PoD 1: EMD Strategy (Desensitization with Self BLS)

Script: “Touch the PoD 1 circle in the Step 5 box.”

- ❖ Pause and show group members where Step 5 box is located on their worksheet.
- ❖ Counting out loud distracts some people so only count out loud for 1 & 2 & 3 then tap loudly on the table attuned with the group until 18 & 19 & 20 said out loud again.

Script: Script: “Focus on the part that is disturbing; notice whatever you are thinking..., feeling..., and sensing in your body.....(pause).....tap the DATE TODAY Step 1 box and then the disturbing part in PoD1.....looking at your hand while you tap...(Demonstrate).....NOW, let’s do this together, tapping back and forth while I begin counting1 and 2 and 3(tap loudly attuned with the group)..... and 18 and 19 and 20) take a deep breath, let go.....and notice whatever images, thoughts, feelings, or body sensations come up.” (SET 1)

- ❖ Then repeat.
- ❖ Option: Use clinical judgement to decide on length of sets (i.e. 10 to 20 counts).

Script: “Now let’s do another set of tapping as before 1 and 2 and 3 (tap loudly attuned with the group)..... and 18 and 19 and 20) take a deep breath.....and notice whatever images, thoughts, feelings, or body sensations came up or whatever you notice.” (SET 2)

- ❖ Pause....then repeat.

Script: “Now let’s do a third set..... 1 and 2 and 3 (tap loudly attuned with the group) and 18 and 19 and 20) take a deep breath.....notice whatever images, thoughts, feelings, or body sensations came up or whatever you notice.” (SET 3)

- ❖ Re-focus their attention back to the PoD.

Script: “Re-focus now again on this disturbing part (PoD 1) and check how disturbing it feels now for you from 0 to 10 where zero means that you can think about it and remain calm and 10 is the highest you know. Write this 0 – 10 number down in the circle in the Step 5 box, next to SET (3).”

- ❖ Remind the group members where each PoD is found on the worksheet.



Script: “Now let’s do another set..... *1 and 2 and 3* (*tap loudly attuned with the group*)..... *and 18 and 19 and 20*) take a deep breath.....and notice whatever images..., thoughts..., feelings..., or body sensations come up.” (SET 4)

Script: “and another set..... *1 and 2 and 3* (*tap loudly attuned with the group*)..... *and 18 and 19 and 20*) take a deep breath.....and notice whatever images..., thoughts..., feelings..., or body sensations come up.” (SET 5)

Script: “and a sixth set..... *1 and 2 and 3* (*tap loudly attuned with the group*)..... *and 18 and 19 and 20*) take a deep breath.....and notice whatever images..., thoughts..., feelings..., or body sensations come up.” (SET 6)

Script: “Re-focus now again on this disturbing part (PoD 1) and check how disturbing it feels now for you from 0 to 10 where zero means that you can think about it and remain calm and 10 is the highest you know. Write this 0 – 10 number *down in the circle in the Step 5 box, next to SET (6).*

Script: “Now let’s do another set together..... *1 and 2 and 3* (*tap loudly attuned with the group*) *and 18 and 19 and 20*) take a deep breath.....and notice whatever images..., thoughts..., feelings..., or body sensations come up.” (SET 7)



Script: “and another set..... 1 and 2 and 3 (tap loudly attuned with the group)..... and 18 and 19 and 20) take a deep breath.....and notice whatever images..., thoughts..., feelings..., or body sensations come up.” (SET 8)

Script: “and a ninth set..... 1 and 2 and 3 (tap loudly attuned with the group)..... and 18 and 19 and 20) take a deep breath.....and notice whatever images..., thoughts..., feelings..., or body sensations come up.” (SET 9)

Script: “Re-focus now again on this disturbing part (PoD1) and check how disturbing it feels now for you from 0 to 10 where zero means that you can think about it and remain calm and 10 is the highest you know. Write this 0 – 10 number down in the circle in the Step 5 box, next to SET (9).

Step 5: Identifying Additional PoDs: Additional ‘Google Searches’/Scans with Self BLS

Script: “Let’s check for any other disturbing parts. Tap the DATE TODAY (in the Step 1 box) and then the DATE THEN (in the STEP 2 box), from side to side, making sure you look at your hand when you do this.”

- ❖ Demonstrate this to the group with one hand
- ❖ Begin a new ‘Google Search’/Scan for any remaining disturbance

Script: “Now scan (or think about) the whole Episode in your mind, all that has happened since it began up to today, (like a Google-Search on a computer). Search for anything that is still disturbing in no particular order..... then STOP. You can DRAW or WRITE something briefly to represent this part that is still disturbing in the Step 5 box next to the PoD (2/3). When you finish take some deep breaths until everyone is finished.”

- ❖ Pause and show participants where in Step 5 the next PoD is located on their worksheet.



- ❖ Give time for all to finish, repeating the instructions if needed.

Script: “Notice how strong that disturbance feels now from low (0) to 10 (high). *Write this number down in the circle next to PoD (2/3).*”

Step 5 / Focused Processing of PoD 2 and 3: EMD type Strategy (Desensitization with Self BLS)

Repeat the same procedure as above to process PoD 2 and PoD 3.



Episode Scan / Google Search for PoD1
Focused Processing of PoD1
9 sets of BLS (3x3)
Check and write SUD every 3 sets

Episode Scan / Google Search for PoD 2
Focused Processing of Pod 2
9 sets of BLS (3x3)
Check and write SUD every 3 sets

Episode Scan / Google Search for PoD 3
Focused Processing of PoD 3
9 sets of BLS (3x3)
Check and write SUD every 3 sets

STEP 6: EPISODE LEVEL PROCESSING

- ❖ Check Episode SUD (0 – 10)
- ❖ Show group participants where the Step 6 box is on the participant worksheet and where the Episode SUD line is in that box
- ❖ Participants whose Episode SUD levels are still high (more than 5) can be offered additional G-TEP sessions.



Script: “When you think about the whole Episode now from when it started, up to today, how disturbing is it for you now from 0 to 10 where zero means you can think about it and remain calm and 10 is the highest you know? *Write the number on in the Step 6 box on the circle near EPISODE SUD.*”

- ❖ Show group participants where Step 6 is on the participant worksheet.
- ❖ Go on to the Installing Episode Positive Cognition (PC) strengthening the connection between the positive thoughts and the disturbing episode.

Script: “Look at the sentences in box 4 and underline those that feel most true to you now.....(pause)..... How would you like to think about the whole Episode now? What have you learned ?.... What are you taking with you from the work that you have done? How has this session been for you? I would be interested to hear from everyone in the group, what you are taking with you?”

- ❖ Invite GROUP SHARING and encourage feedback from all participants.

Script: “Choose the positive words that feel most true to you now.....(pause)..... keep repeating them silently to yourself while doing Butterfly Hugs to strengthen the connection. Let’s do this together now..... Focus on any positive feelings in your body.”

- ❖ Demonstrate Butterfly Hugs. Do two or three sets of butterfly hugs (for about 20 seconds each) to strengthen the positive connection.

STEP 7: CLOSURE

- ❖ Briefly rehearse the 4 Elements exercises (scripted on pages 6-7)
- ❖ Additional measures if needed, eg. Container exercise

STEP 8: FOLLOW-UP AND SCREENING

- ❖ Don’t forget follow-up
- ❖ Check Episode SUD 0 to 10 and PC
- ❖ Consider additional G-TEP session / or Referral for individual treatment?

EMDR G-TEP PROTOCOL SUMMARY

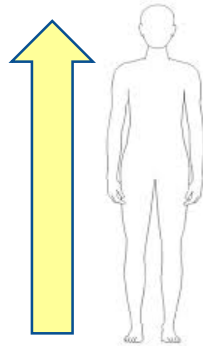
Do a brief introduction of group members (introduce yourself and ask group members to introduce themselves while avoiding details of the trauma).



STEP ONE: PRESENT SAFETY RESOURCE & SCREENING (SUMMARY)

- 1. Write down the SUD for general stress level 'SUD before' (0.....10)**
- 2. Do the 4 Elements Exercises beginning with the feet and move up the body**

Do the 4 Elements exercises beginning with the feet (Grounding to the EARTH) and move up the body



FIRE / LIGHT = Light the path to imagination

WATER = Calm & controlled

AIR = Breathing, balance

EARTH = Grounding, safety in the present

(see pages 6-7 if needed)

- 3. Write 'SUD after' (0.....10)**
- 4. Draw or write the Safe/Calm Place**
- 5. Write down the date today (DATE TODAY)**
- 6. Invite sharing of Safe/Calm Places**
- 7. Practice daily**
- 8. Screen participants ability to self-sooth prior to moving to step two**

STEP TWO: ONSET OF TRAUMA (SUMMARY)

1. Write a heading (word or words, symbol or sketch) for the Onset of Trauma Episode
2. Write SUD (0.....10) now
3. Write the 'Date THEN' (for when the event happened)

STEP THREE: PAST RESOURCE (SUMMARY)

1. Recall a memory where you felt good with yourself, felt whole
2. Notice feelings and body sensations
3. Strengthen connection with set of Butterfly Hugs
4. Draw or write something to represent it
5. Give it a name and strengthen with Butterfly Hugs
6. Invite group sharing of good memories

STEP FOUR: FUTURE RESOURCE (SUMMARY)

1. Ask group members how they would like to think about themselves and the events that have happened. Mark on PC checklist.
2. Draw or write any other thoughts or pictures of how you would like to see yourself in the future.
3. Invite group sharing of desired future.



STEP FIVE: POD LEVEL PROCESSING (SUMMARY)

Scan Episode to Identify Points of Disturbance (PoDs):

Focused Processing (Desensitization) of each in turn with EMD type strategy

1. Identify PoDs using 'Google Search'/Scan
 - a. Use self-BLS by tapping in the (PRESENT) safe place DATE TODAY box and then the (PAST) disturbance DATE THEN box, i.e. with one hand. Look at your hand as you do this (following with your eyes)
 - b. When a PoD is identified then STOP and draw/write it
 - c. Write SUD rating (0 – 10). Take some deep breaths until everyone is ready.
2. Focused processing
 - a. Focus on the PoD and tap on Step 1 DATE TODAY in the safe place box, and then the PoD in Step 5, tap back and forth together with the group leader who counts out loud &/or taps loudly on the table (20 back & forth taps)
 - b. After each set of BLS, take a breath and pay attention to Images, Sensations, Feelings, and Thoughts or to whatever you notice and keep breathing deeply until everyone is ready for the next set
 - c. Repeat for 9 sets (3 x 3 for each PoD)
 - d. After the 3rd, 6th and 9th sets (i.e. every 3rd set) re-focus on that PoD and write down SUD (0 – 10)
3. Repeat the same procedure three times (PoD level processing as in items 1 and 2 above for PoD1, PoD2, PoD3)



STEP SIX: EPISODE LEVEL PROCESSING (SUMMARY)

Ask group members to think about the whole episode and check the SUD (0-10) rating for how disturbing the whole episode feels now and to write this number down in the circle in Box 6

- a. **If Episode SUD is above 5 consider further sessions**
2. **Underline the sentence that feels the most true now (in box 4).**
3. **Ask, ‘How would you like to think about the whole Episode now?’ ‘What have you learned? What are you taking with you?’ Encourage group sharing and feedback from all participants.**
4. **Install a PC for the Episode: Choose the words that feel the most true now.**
 - a. **Repeat silently while using self BLS (Butterfly Hugs) together with the group leader (2 to 3 sets of about 30 seconds each).**

STEP SEVEN: CLOSURE (SUMMARY)

1. **Rehearse 4 Elements**
2. **Do additional sessions if needed**
3. **Screen for those who need a referral for individual sessions**

STEP EIGHT: FOLLOW-UP AND SCREENING (SUMMARY)

FOLLOW-UP

1. **Check Episode SUD (0 – 10) and Episode PC**
 2. **Consider additional G-TEP session or referral for individual treatment if needed**
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EMDR Group Traumatic Episode Protocol (G-TEP) Elan Shapiro, 2013 ©	
FOR USE WITH	➤ Suitable for working with groups of adults & children impacted by large-scale critical incidents, or the same or different negative life changing events with ongoing consequences ➤ Also suitable for families, couples ➤ Offering stabilization, stress management & an adaptive processing screening check, for all exposed ➤ Providing comprehensive current trauma episode processing
INTAKE & DATA COLLECTION	➤ Obtain initial data for assessment information, screening & group selection: Do brief individual interviews & joining when possible ➤ Administer psychometric measures for PTSD, Depression & Resilience (e.g. PCL-5, MINI; PHQ-9, BDI; BRS / CD-RISC 10) ➤ Repeat these measures POST treatment & at FOLLOW-UP ➤ Work Seated around tables up to about 12 participants in a group. 2-3 hours per session.
MATERIALS & SETUP	➤ Participants work on a G-TEP Worksheet printed on a large sheet of paper; Colored pens or pencils; A silicon rubber wristband or a sticker; ➤ The G-TEP manual has the protocol script & all the instructions for the group leader and a worksheet with summary notes ➤ The setup is designed for use with this single worksheet to guide the process step by step... ➤ The slides & worksheet of the EMDR G-TEP are color-coded so that each step has its own color to make it easier to follow ➤ The Worksheet is a meta-communication: in which the trauma event is enveloped with present/ past/ & future resources graphically conveying that the event is in the past- they are safe now in the present- & that there is hope for the future ➤ Group leader should have additional support staff, to aid with logistics, monitor & support those who need assistance
STEP ONE PREPARATION SCREENING PRESENT RESOURCE	➤ STEP 1 Preparation & screening: This step can stand alone as it is helpful for all for stress management & for screening ➤ Ask to write down SUD before (0....10). → Teach the 4 Elements exercise (Includes Safe/calm place drawing or words). → Ask to write SUD after (0....10) ➤ Write the DATE TODAY ➤ Invite sharing of their Safe Places. (Sharing is only done with resources not about the traumas)
STEP TWO: ONSET OF TRAUMA	➤ Write a heading (word or words, symbol or sketch) for the Onset of Trauma Episode ➤ Write SUD (0.....10) now ➤ Write the 'Date THEN' (for when the event happened) ➤ The Trauma Episode is established visually (the time line from the onset T event up to today) ➤ No Sharing of traumas
STEP THREE: PAST RESOURCE	➤ Recall a memory where you felt good with yourself, felt whole ➤ Notice feelings and body sensations ➤ Strengthen connection with set of Butterfly Hugs [all Installations are done with the Butterfly Hug self BLS (Jaiero & Artigas)] ➤ Draw or write something to represent it ➤ Give it a name and strengthen with Butterfly Hugs ➤ Invite group sharing of good memories
STEP FOUR: FUTURE RESOURCE	➤ Ask group members how they would like to think about themselves and the events that have happened. Mark on PC checklist for examples. ➤ Draw or write any other thoughts or pictures of how you would like to see yourself in the future. ➤ Invite group sharing of desired future.
STEP FIVE: POD LEVEL PROCESSING	➤ Ask to scan entire Trauma Episode silently, like a mental "Google Search", to identify any Point of Disturbance (PoD) while doing individually paced Self BLS, tapping on the DATE TODAY circle in Step 1 and then the 'DATE THEN' circle in Step 2, back and forth, with one hand, making sure to follow with your eyes. When a PoD is identified then STOP and draw/write something to represent it. Write SUD rating (0 – 10). When finished take some deep breaths until everyone is ready. ➤ Focused processing. Focus on the PoD and then tap on the DATE TODAY in Step 1 and then on the PoD in Step 5, back and forth, with one hand, making sure to follow with your eyes. (The Self BLS is thus performed with tapping + Eye Movements, guided & paced by the group leader who counts out loud &/or makes a sound by tapping the table). After each set of BLS, take a breath and pay attention to any Images, Sensations, Feelings &/or Thoughts or to whatever you notice ➤ Repeat for 9 sets (3 x 3 for each PoD). After every 3rd set re-focus on that PoD and write down SUD (0 – 10) ➤ This procedure is done three times as above (in Step 5) for each PoD (PoD1, PoD2, & PoD3)
STEP SIX: EPISODE LEVEL PROCESSING	➤ Ask group members to think about the whole episode and check the Episode SUD (0 – 10) rating. If Episode SUD is above 5 consider further sessions. ➤ Underline the sentence that feels the most true now (in box 4). How would you like to think about the whole Episode now? What have you learned? What are you taking with you? ➤ Encourage group sharing and feedback from all participants. ➤ Install a PC for the Episode. Choose the words that feel the most true now. Repeat silently while using Butterfly Hugs (2 to 3 sets of about 20 seconds each).
STEP 7: CLOSURE STEP 8: FOLLOW UP	➤ Rehearse 4 Elements. Do additional sessions if needed ➤ Screen for those who need a referral for individual sessions

Name _____ Date _____

Step 3 PAST RESOURCE

Heading.....

Step 5 PoD Level Processing

☐ [0-10]

PoD 3

☐ [0-10]
☐ [0-10]
☐ [0-10]
☐ [0-10]

Step 4 DESIRED FUTURE

☐ I'm safe (enough) now,
☐ I can cope
☐ It happened / it's over,
☐ I survived
☐ I did what I could
☐ Other:.....

☐ I have strengths
☐ I can learn to choose how to respond,
☐ I have hope
☐ I learned from it

Step 2 PAST ONSET EVENT

Heading /Description.....

[0-10]

Step 6 EPISODE level

Episode SCD..... [0-10]

Episode PC.....

Step 1 PRESENT SAFETY

Before

after

SAFE[0-10] Earth - Air - Water - Light [0-10]

PLACE:.....

DATE THEN

TRAUMA EPISODE

DATE TODAY

EMDR G-TAP WORKSHEET A1: Elan Shapiro 2017 ©

Name _____ Date _____

Step 3 PAST RESOURCE

Heading.....

Step 5 PoD Level Processing

☐ [0-10]

PoD 3

☐ [0-10]
☐ [0-10]
☐ [0-10]
☐ [0-10]

Step 4 DESIRED FUTURE

☐ I'm safe (enough) now,
☐ I can cope
☐ It happened / it's over,
☐ I survived
☐ I did what I could
☐ Other:.....

☐ I have strengths
☐ I can learn to choose how to respond,
☐ I have hope
☐ I learned from it

Step 2 PAST ONSET EVENT

Heading /Description.....

[0-10]

Step 6 EPISODE level

Episode SCD..... [0-10]

Episode PC.....

Step 1 PRESENT SAFETY

Before

after

SAFE[0-10] Earth - Air - Water - Light [0-10]

PLACE:.....

DATE THEN

TRAUMA EPISODE

DATE TODAY

EMDR G-TAP WORKSHEET C1: Elan Shapiro 2017 ©

MILD
(Green)

MODERATE
(Yellow)

SEVERE
(Red)

0 1 2 3 4 5 6 7 8 9 10

21

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