

EMDR Group Traumatic Episode Protocol (G-TEP) Elan Shapiro, 2013 ©	
FOR USE WITH	<ul style="list-style-type: none"> ➢ 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	<ul style="list-style-type: none"> ➢ 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	<ul style="list-style-type: none"> ➢ 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 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/caim 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 ONE PREPARATION SCREENING PRESENT RESOURCE	<ul style="list-style-type: none"> ➢ 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 TWO: ONSET OF TRAUMA	<ul style="list-style-type: none"> ➢ 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 (Jarero & Artigas)] ➢ Draw or write something to represent it ➢ Give it a name and strengthen with Butterfly Hugs ➢ Invite group sharing of good memories
STEP THREE: PAST RESOURCE	<ul style="list-style-type: none"> ➢ 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 FOUR: FUTURE RESOURCE	<ul style="list-style-type: none"> ➢ 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 FIVE: POD LEVEL PROCESSING	<ul style="list-style-type: none"> ➢ 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 SIX: EPISODE LEVEL PROCESSING	<ul style="list-style-type: none"> ➢ Rehearse 4 Elements. Do additional sessions if needed ➢ Screen for those who need a referral for individual sessions
STEP 7: CLOSURE	
STEP 8: FOLLOW UP	

Name _____ Date _____

Step 3 PAST RESOURCE
Heading:

Step 5 PoD Level Processing

PoD 3 [0-10]

PoD 2 [0-10]

PoD 1 [0-10]

Step 4 DESIRED FUTURE

I'm safe (enough) now, I have strengths

I can cope I can learn to choose

It happened / it's over, how to respond.

I survived I have hope

I did what I could I learned from it

Other:

Step 2 PAST ONSET EVENT
Heading /Description:

[0-10]

Step 6 EPISODE level [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

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Name _____ Date _____

Step 3 PAST RESOURCE
Heading:

Step 5 PoD Level Processing

PoD 3 [0-10]

PoD 2 [0-10]

PoD 1 [0-10]

Step 4 DESIRED FUTURE

I'm safe (enough) now, I have strengths

I can cope I can learn to choose

It happened / it's over, how to respond.

I survived I have hope

I did what I could I learned from it

Other:

Step 2 PAST ONSET EVENT
Heading /Description:

[0-10]

Step 6 EPISODE level [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

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