

The “Resource Connection” Envelope
in the EMDR Standard Protocol

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The Resource envelope aims to make the starting point of the processing from a unique, positive place, hinting at unconscious knowledge of the solution which is already inside him. Harvesting resources at the end of the processing validates this knowledge whereas the final, unique resource closes the resource envelope.

Based on several years of experience with my own clients, that of my supervisees and feedback from EMDR therapists who participated in my RC workshop on 2002 I conclude that the “Resource Connection Envelope” is both efficient and empowering.