

Resource Connection Outside the Standard EMDR Protocol

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Following my article on the Resource Connection Envelope as an addition to the standard EMDR protocol published in the April E-journal and my May workshop on the same topic, I am attaching a worksheet for Resource Connection Outside the Protocol.

The procedure is exactly like the Past Resource Connection (PRC) whereby the request to recall a positive memory is made in an indirect and nonspecific manner in order to stimulate the unconscious to find the resource which best matches the problem. It is possible to do this resource connection as a preparatory work for EMDR and as part of a therapy which enhances inner strength. It is possible to use this procedure in a group setting with the client giving him/herself the bilateral stimulation. The client can report his experiences only at the end of the process in the group sharing, not during the process itself.