Subject: [EMDR] Incomplete sessions (SUMMARY BY LIST MODERATOR)

> I have taken a little time to research this issue to insure that I am
> describing the Standard EMDR Protocol regarding incomplete sessions and
> targeting strategies for the next session.
> Target/node has not been desensitized to a SUD=0 within the time allot -
> requiring the clinician to close down the session - i.e. incomplete session.
>
> 1) Inform the client the time is almost over and seek consent to stop
> processing. "We are almost out of time and we will need to stop soon. How
> comfortable are you about stopping now?"
> 2)Begin the process of stabilizing the client, depending upon the client's
> level of distress you may:
> a. "You can let it go now" or "It can be put in a box until next time."
> b "You have done some very good work today, can you tell me a couple of
> positive things you can take with you about this session?" "How are you
> feeling now?"
> c Do a containment exercise: Safe place, light stream, relaxation exercise,
> etc.
>
> DO NOT -
> take a SUD, VoC or do the body scan - these may tend to reopen the Node and
> bring up distressful material (the next channel) to be processed - our goal
> in session shutdown is to help the client move out of the node/processing
> and into a more relaxed, present state.
>
> Establish grounding and safety
>
> Debrief and instruct the client to log during the week.
> "The processing we have done today may continue after the session. You may
> or may not notice new insights, thoughts, memories , or dreams. If so, just
> notice what you are experiencing - take a snapshot of it, and keep a log."
>
> NEXT SESSION:
>
> I. Review the client's log for new material.
>
> a. IF NO NOTEWORTHY MATERIAL HAS ARISEN
> 1) Check previous session's last channel (incident) being processed - if
> still distressful - start with that: "When you think of that incident, what
> emotions do you feel, take a SUD, and establish Body Location and then begin
> Desensitization.
> 2) If last channel (incident) has been processed between sessions, return to
> the original target) "When you think of the original incident, what do you
> get now?" "What emotions do you feel?" take a SUD, get the Body Location
> and begin desensitization.

> b. IF NOTEWORTHY MATERIAL HAS ARISEN: Take note of them and:
> 1) Generally, target as above with either the last session's channel - if
> still stressful, or the original target. "Think of the incident, what do
> you get now (emotions, SUD, Body Location) If the "last session's channel
> issue (or events that arose in between sessions) is still problematic they
> should emerge as associated channels. If they don't you can check on it
> later after the primary target is resolved.
>
> c. IF THE NOTEWORTHY MATERIAL IS CURRENTLY DISTRESSFUL (still within the
> primary target's cluster/channels of association)
> 1) Target first only if the material is currently overwhelming and the
> client is overtly resistant to doing anything else.
>
> d. IF THE LOG REVEALS OTHER DISTRESSFUL TRIGGERS - unrelated to the primary
> target note -
> 1) take note of these as they may become additional target clusters to be
> addressed AFTER THIS target has been fully reprocessed - SUD=0, VoC=7, clear
> Body Scan.
>
> OVERALL STRATEGY:
> Always target the original if possible since that is a core issue. The
> exception is if the target has led to a peelback and a more distressing and
> pivotal event has been revealed during processing. Then that would become
> the target and the original one would take a secondary status and be checked
> subsequently.
>
> TARGETING STRATEGY:
> Once within the Desensitization Phase targeting would be: "When you think of
> the incident, what do you get now?" emotions, SUD and Body Location. Since
> we are operating within the originally assessed target node system it is not
> necessary to refer to the NC or PC (just as we do when following the
> protocols of returning to target within the Desensitization Phase - "When
> you think of the original incident, what do you get now?")
>
> This has been a very informative discussion - thanks to all who have
> participated and shared their perspectives.
>
> Respectfully
> Roy Kiessling
> list moderator
> roykies@msn.com