

SHAPIRO SERIES #12

SLIDE #16

3. THREE PRONGED PROTOCOL

- WHAT ARE THE TARGETS FOR PROCESSING?
- PAST - WHAT MEMORIES SET THE FOUNDATION?
- PRESENT - WHAT SITUATIONS TRIGGER DISTURBANCE?
- FUTURE - WHAT SKILLS, BEHAVIORS, INFORMATION ARE NECESSARY FOR OPTIMAL FUNCTIONING IN THE FUTURE?

START WITH PAST - "WHEN WAS THE FIRST TIME YOU REMEMBER.?"

INVESTIGATE THE PRESENT - JOURNAL AND DEBRIEFING

INCORPORATE FUTURE TEMPLATES - OPTIMAL FUNCTIONING

PAST: We generally want to start with the past as our initial EMDR target. When's the first time you remember it? This first event often provides the foundation, or the feeder memory, for the problem. What memory established the foundation? What present situations trigger the disturbance or anxiety? What does that mean? It means what upset your client last week is linked to earlier file folders (feeder memories) that the present situations are reactivating. It is these earlier events, those irrational, frozen events that have to be initially processed before we can effectively target the present triggers.

PRESENT: Often a client comes to us with a present situation, a present disturbance or anxiety. What places do they go, what things they do that bring up disturbance? We need to process those. But what is disturbing them in the present may also be the result of second-order conditioning. Second-order conditioning occurs when, while I am in a triggered state due to one stimulus, other neutral stimuli become contaminated due to my being in a triggered state. If linked frequently enough, the neutral stimuli may eventually become triggers themselves, even though they are not directly related to the initial stimuli. So if I'm in a disturbed state and I walk into this room a hundred times, eventually my disturbed state may link themselves to various stimuli in this room. The stimuli in the room eventually become conditioned to cause me the same disturbance. So even if I process the earlier, initial stimuli, the room's triggering stimuli may be stored independently. So I may have to target the room's stimuli as well before we can achieve the desired treatment effect. That's where Behavioral psychology comes into play. Keeping a log, getting client feedback and reevaluating the client's progress in between session are all techniques that will help us identify the present triggers that need processing. What's still disturbing?

FUTURE: For each characteristic, for each dysfunction, do a future template. Why? We're preparing the client with the skills and behaviors necessary for optimal functioning in the future. The multiply molested clients or multiply abused clients or neglected clients, developmentally delayed, deficient clients need to have those experiences engendered by you in your office. Experiences with you that let them know if they yell at you, you're still going to be there, you're not going to run away. And if you get disturbed at them, you're going to respond appropriately, still be there and not going to run away, and they can begin to feel connection. All of these things that they should have learned in childhood, that they didn't learn in childhood, you have to bring identify and address in your office. And so the experiential, the future templates involve bringing in, through the actual experience or imagined situations, things that they need. And, as they experience these new things, what if a disturbance emerges. If a disturbance does occurs, target and desensitize it. Once the positive cognition is fully installed and they can imagine themselves responding for that perspective, you've set a template. What does that mean? A connection of networks that when they go out, this is most likely what's going to light up and then they'll do the behaviors and then they'll get the feedback in the real world and hopefully it will be reinforced. And if it's not, they write it down in the log and you know what else you need to process. So it's a feedback loop.

So, I want to get a show of hands, please. Everything I've said so far, the gestalt of it, for how many of you is this clear? Because this is going to let you judge everything that comes along. Everything that people suggests. Does it fit in here?

Moderator's comment: If you haven't raised your hand, raise your questions to the list (or to me back channel if you don't feel comfortable bringing it up with everyone - rkiessling@cinci.rr.com)

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