

**Image** – “what picture represents the worst part of the incident?”  
 “What picture represents the incident?”  
 “When you think of the incident, what do you get?” (“What can you see, hear, smell?” etc)

**Negative Cognition** – “When you bring up the picture, what negative belief do you have about yourself **now**?” (I statement, present tense)

**Positive Cognition** – “When you bring up that picture/incident, what would you like to believe about yourself **now**?”

**VOC** – “When you think of that picture/incident, how true does that (positive cognition) feel to you **now** on a scale of 1 to 7, where 1 is untrue and 7 is totally true?”

**Emotions/feelings** – “when you bring up that incident and those words (negative cognition), what emotions do you feel **now**?”

**SUDS** – “On a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance imaginable, how disturbing does it feel to you **now**?”

**Location of body sensation** – “Where do you feel that in your body?”

**Desensitisation** – “(I’d like you do) bring up that picture, those negative words (repeat the negative cognition), notice where you are feeling it in your body, and follow my fingers.”

- Begin the eye movements slowly. Increase the speed as long as the client can comfortably tolerate the movement.
- “That’s it. Good. That’s it.”
- If abbreviating: “That’s it. It’s old stuff. Just notice it”. (speeding train or tunnel metaphor)
- After set of EM “Let it go and take a deep breath.”
- “What do you get now?” or “What are you noticing now?”
- If the client reports movement, say “Go with that” or “Just notice that” (after 2 sets of no change, ask re SUDs)
- Move onto Installation only when client reports a 0 (or 1?) SUDs

**Installation of Positive Cognition**

- “Do the words (positive cognition) still fit, or is there another positive statement you feel would be more suitable?”
- “Think about the original incident and those words (positive cognition). From 1, completely false, to 7, completely true, how true to they feel?”
- “Hold the image and words together”. Do eye movement set.
- “On a scale of 1 to 7, how true does that (positive statement) feel to you now when you think of the original incident?” Measure the VOC after each set. Even if the client reports a 6 or a 7, do EM set again to strengthen, and continue until VOC no longer strengthens. Go on to the body scan.
- If the client reports a 6 or less, check appropriateness and address blocking belief (if necessary) with additional reprocessing.

**Body scan** – “Close your eyes; concentrate on the incident and the Positive Cognition and mentally scan your body. Tell me where you feel anything.”  
 If any sensation is reported, do EM. If a positive/comfortable sensation, do EM to strengthen the positive feeling. If a sensation of discomfort is reported, reprocess until discomfort subsides.

**Closure** – (debrief) “The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories, or dreams. If you do, just notice what you are experiencing. Take a snapshot of it (what you are seeing, feeling, thinking, and the trigger) and keep a log. We can work on this new material next time. If you feel it is necessary, call me”.

Therapist signature.....Name / Designation.....