

PHASE FOUR: Desensitization: Track channels of associations as they emerge about memory and other experiences:

"I'd like you to bring up that picture, those negative words (repeat the negative cognition), and notice where you are feeling it in your body—and follow my fingers." (BLS generally 20 or more passes/customized to need of client).

A. REPROCESS: *"Take a breath; (pause) let it go, what are you noticing now? Go with that."* (BLS generally 20 or more passes/customized to need of client).

Repeat: *"Take a breath; let it go, what are you noticing now? Go with that."* (BLS generally 20 or more passes/customized to need of client) as long as client reports change or new information (as many sets of BLS as necessary) until the client stops reporting change for two consecutive sets of BLS, then ask (B).

B. BACK TO TARGET: *"When you go back to the original memory, what are you noticing now? (Pause for a response). Go with that."* (BLS generally 20 or more passes/customized to need of client).

Repeat: *"Take a breath; let it go, what are you noticing now? (Pause for a response). Go with that."* (set of BLS). Continue with sets of BLS as long as client reports change or new information (as many sets of BLS as necessary).

When the client goes back to original target after two consecutive sets of BLS and still reports no change check SUD (see C below).

C. CHECK SUD:

"When you bring up the original memory, on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now? Go with that." (sets of BLS).

If SUD is 1 or 2, ask, *"Where do you feel it in your body? Go with that."* (set(s) of BLS)

REPEAT Steps A, B, and C until SUD is 0 (or ecologically sound).

PHASE FIVE: Installation:

Linking the desired positive cognition with the original memory/experience:

1. *"Do the words (repeat the PC) still fit, or is there another positive statement you feel would be more suitable?"*
 2. *"Think about the memory and those words (repeat the selected PC). From 1 (completely false) to 7 (completely true), how true do they feel?"*
 3. *"Hold them together."* Do BLS.
 4. *"On a scale of 1 to 7, how true do those words (PC) _____ feel to you now?"*
 5. Continue installation as long as the material is becoming more adaptive. Continue sets of BLS until the VOC no longer strengthens. Once the VOC=7 (or ecological), go to Phase 6: Body Scan.
 6. If client reports a 6 or less, check appropriateness and address blocking belief (if necessary) with additional sets of BLS. (Note: If running out of time, set aside the blocking belief to be addressed at a later time and proceed to closure for incomplete session).
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PHASE SIX: Body Scan:

"Close your eyes and keep in mind the original memory and the words, (repeat the selected positive cognition). Then bring your attention to the different parts of your body, starting with your head and working downward. Any place you find any tension, tightness or unusual sensation, tell me." If any sensation is reported, do BLS. If a positive/comfortable sensation, do BLS to strengthen the positive feeling. If a sensation of discomfort is reported—reprocess until discomfort subsides.

PHASE SEVEN: CLOSURE

CLOSING DOWN UNFINISHED SESSION:

An UNFINISHED session is one in which a client's target memory is still unresolved, i.e., s/he is still in some distress, has emotional confusion, the SUD is greater than 0, the VOC is less than 7, or the Body Scan is not clear. Use the following procedure for closing down the session, helping the client acknowledge what they have accomplished and to help them feel well-grounded before they leave.

Steps:

1. Give the client the reason for stopping. *"We are almost out of time and we will need to stop soon."* Give encouragement and support for the effort made. *"You have done some very good work and I appreciate the effort you have made. What feels like the most important thing you have learned about yourself or for yourself today?"* If positive, do a set of BLS to reinforce. If not,
2. Do a containment exercise: *"I suggest we do a relaxation (or a container) exercise before we stop. I suggest we _____"* (clinician suggests either a relaxation exercise or a container exercise. e.g., Container imagery (put it away in a container until the next session; Safe Place; Light Stream, etc.).
3. Review "Debrief the Experience" to the client as scripted below:

CLOSURE FOR ALL SESSIONS: DEBRIEF THE EXPERIENCE

"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 in a log (what you are seeing, feeling, thinking, and the trigger on the TICES grid). Use the Safe Place exercise to rid yourself of any disturbance. Remember to use a relaxation technique daily. We can work on this material next time. If necessary, you can call me."