

CASE CONCEPTUALIZATION AND STANDARD PROTOCOL CRITERIA FOR EMDR CERTIFICATION

Applicant demonstrates a working knowledge of the Adaptive Information Processing Model (AIP)

- **1. Presenting Problems/Issues** Able to prioritize multiple issues and symptoms in order of urgency and importance
- **2. Treatment Goals** Able to identify client's treatment goals within the AIP framework
- **3. Clinical Themes of Responsibility/Safety/Power** Able to identify what themes are prominent in the client's presentation
- **4. Past/Present/Future** Able to organize treatment priority as determined by client readiness for processing, needed symptom relief, time constraints, imminent life challenges
 - Memories identified for processing address current symptoms
 - Adult onset trauma vs childhood trauma
 - Able to understand how past informs the present and articulate reasons for beginning with past vs present
 - Able to differentiate between focused processing versus full standard protocol
 - Understands connection between Present Triggers and Future Templates
- **5. Existing Resources (Internal/External)** Able to identify available resources the client can use throughout the course of treatment
- **6. Preparation Focus/Stabilization Needs** Able to identify specific skills, qualities needed to be developed
- **7. Symptom Reduction/Comprehensive Treatment Plan: Priorities and Consideration**
 - Evaluate entire clinical picture
 - Attachment history
 - Developmental deficits
 - Assess client's awareness of the impact of childhood experiences

- Able to map out the memory network of experiences, both past and present

Phase 1: History Taking

APPLICANT IS ABLE TO IDENTIFY AND ASSESS THE FOLLOWING:

- Presenting problem(s) and overall treatment objectives from an AIP perspective
- Relevant memories in the client's life--both positive and negative, past and present--that inform present symptoms
- Developmental deficits and needed skills
- Client's integrative capacity
- Client's affect tolerance for both positive and negative experiences
- Client's existing and needed internal and external resources
- Client's availability positive and adaptive memory networks.
- Client's attachment history and current significant attachment figures.
- Client's readiness and motivation for change
- Psychosocial factors that affect client stability
- Level of complexity
 - Dissociation
 - Addictions
 - Personality structure
- Clinical Information Themes of Responsibility/Safety/Power
- **Past** memory networks of experiences that inform presenting issues
- **Present** situations and people that trigger negative reactions
- **Future** desired responses to triggering situations and preparation for potential challenges
- Appropriate knowledge of how identify memories for reprocessing using the following procedures:
 - Direct Questioning
 - Floatback Technique

- Affect Scan
- Identify the need for stabilization during Phase 1 History Taking with clients suffering from complex co-occurring disorders and complex trauma related disorders
- Operationalize with client what change/healing will look like.

Phase 2: Preparation Phase

APPLICANT IS ABLE TO ADEQUATELY

- Prepare client for EMDR reprocessing of disturbing life experiences
- Determine availability of positive/adaptive memory networks
- Determine the ability to shift states and sustain a state of calm
- Utilize the following preparation phase resources:
 - Safe/Calm Place
 - Container
 - Safe State
 - Resource Development (RDI)
 - Other relaxation exercises
 - Determine whether or not the client can tolerate positive affect
- Develop and strengthen positive memory networks as needed
- Assess the client's readiness for memory processing
 - Evaluate skill sets needed to tolerate reprocessing demands
- Assess client's ability to maintain dual awareness
 - Reflect on experience, rather than be completely absorbed in it
- **Assess Window of Tolerance**
 - Understands why the client needs to be able to tolerate distress for a period of time without becoming overwhelmed or shut down
- Establish therapeutic alliance and set expectations for the process
- Establish EMDR therapy mechanics and parameters
- Obtain informed consent

Client Preparation Checklist

- **Explanation of EMDR**
 - AIP/REM
 - Script
- **EMDR Seating Position**
- **Eye Movements**
- **Alternative Bilateral Stimulation (to be used only if necessary)**
- **Client Stability/Coping strategies**
 - Metaphor (train/video)
 - Stop signal
- **Informs client of their stop signal**

Phase 3: Assessment Phase

APPLICANT DEMONSTRATES APPROPRIATE IMPLEMENTATION OF PHASE 3:

- Provides specific and appropriate instructions to the client prior to initiating Reprocessing Phases
- Understands the purpose of the Assessment Phase
 - Access Target Memory by stimulating the current components of the memory
 - Take baseline measurement in a safe, structured manner
 - Access and activate memory as it is currently stored for successful processing
- **1. Image**
- **2. Negative Cognition (NC)**
- **3. Positive Cognition (PC)**
- **4. VOC (Validity of Positive Cognition)**
- **5. Emotions**
- **6. SUD (Subjective Units of Disturbance) Scale**

- **7. Physical Sensation**

Phase 4: Desensitization

APPLICANT DEMONSTRATES APPROPRIATE IMPLEMENTATION OF PHASE 4:

- Asks the appropriate question *“Bring up the image, the negative words (NC) notice where you feel it in your body, and follow my fingers (BLS)”*
- Is able to stay out of the way, aware of the Information Processing System
- Is able to keep the client in their Window of Tolerance
- Knows when, why, and how to re-access the target memory
 - *“When you go back to the original experience, what are you noticing now?”*
 - Is able to identify when client reports no change or new associations.
- Knows when to ask for a SUDS and what to do:
 - If SUDS is a 1 or 2
 - If there is no change
 - Able to know what is ecologically correct
- Is able to Identify how and when to probe for a Feeder Memory
- Is able to identify how and when to probe for a Blocking Belief
- Knows what to do when emotional responses happen during processing
- Is able to appropriately respond to the client’s stop signal

Phase 5: Installation

APPLICANT DEMONSTRATES APPROPRIATE IMPLEMENTATION OF PHASE 5:

- Understands the purpose is to strengthen the linkage of the PC to the processed memory
- Understands that the PC accurately reflects the clients experience of self
- Links the PC and the Target Memory
- Checks the initial Positive Cognition (PC) for appropriateness

- Knows how to check for a Blocking Belief or Feeder Memory when the VOC is less than 7 and does not seem to be moving after subsequent sets of BLS.
- Understands how to identify and work with
 - Ecological soundness
 - New needed skills
 - Blocking Belief or Feeder Memory, which may be a separate target
 - Need to adjust PC to make it more believable

Phase 6: Body Scan

APPLICANT DEMONSTRATES APPROPRIATE IMPLEMENTATION OF PHASE 6:

- Understands the purpose of the Body Scan
 - To complete processing by checking for any residual body sensations associated with the Target Memory
 - To ensure that the body is congruent with the processed memory and PC
- Understand that the chosen target is not considered complete until body scan is clear of all associated negative sensations using BLS
- Understands that Blocking Beliefs and Feeder Memories may emerge
- Understands that positive sensations are also strengthened and reinforced with BLS
- Understands why you proceed with the Body Scan only if you have sufficient time

Phase 7: Closure

APPLICANT DEMONSTRATES APPROPRIATE IMPLEMENTATION OF PHASE 7:

- Understands the purpose of Closure
 - Shift away from memory networks and to present time. Ground in “here and now”
 - Ensure client stability at completion of session
 - Educate client about what may happen between sessions

- GiveS appropriate instructions for bringing closure to an incomplete target memory session
- Is able to give general instructions for closing all sessions
- Is able to implement Safe/Calm State and/or Container
- Is able to instruct client with self-management techniques and use of TICES grid

Phase 8: Re-Evaluation

APPLICANT DEMONSTRATES APPROPRIATE IMPLEMENTATION OF PHASE 8:

- Understands the purpose of the Re-Evaluation Phase
- Uses Re-Evaluation at the beginning of each session
- Knows how to check the previous treatment session
 - General changes
 - Target-specific changes
- Knows how to resume processing of an incomplete Target Memory

Present Triggers

APPLICANT DEMONSTRATES ABILITY TO IDENTIFY AND REPROCESS CURRENT TRIGGERS:

- Is aware that current triggers can still be active due to second-order conditioning
- Evaluates the need for reprocessing past memories first
- Is able to evaluate situations when it may be appropriate to reprocess a Present Trigger before processing the past
- Has an understanding that Present Triggers are identified throughout the course of treatment
- Can identify Present Triggers that have not generalized from targeting past experiences
- Understands that reprocessing a present trigger will be immediately followed up with installation of a Future Template

Future Template

APPLICANT DEMONSTRATES ABILITY TO INSTALL A FUTURE TEMPLATE:

- Understands the purpose of Future Template
 - To optimize client's capacity to respond adaptively and flexible to future situations
 - To develop and strengthen specific skills, behaviors, emotional responses
 - Prepare for challenging situations
 - To address anticipatory anxieties
 - To reveal and reprocess hidden fears, blocking beliefs, inadequate responses
- Is able to know the difference between a Future Template and a Future Rehearsal
 - Processing vs resourcing
- Understand that a Future Template addresses each trigger after the trigger has been successfully resolved
- Knows the procedural steps for installing a Future Template

Recent Event Protocol

APPLICANT DEMONSTRATES UNDERSTANDING OF AND ABILITY TO USE RECENT EVENT PROTOCOL

- Knows when to use the Recent Event Protocol
 - Within a 3 month period
- Knows why you would need the Recent Event Protocol
- Knows the procedure for the Recent Event Protocol and the reprocessing sequence