**Introduction to Delivery of BLS**

**Check when completed:**

**Explanation of Delivery of BLS**

 **Say: *We are going to use Bilateral Stimulation to deepen your experience as we build your Adaptive Memory Network and install Resources. It is your own brain that will be doing the healing and you are the one in control.***

**EMDR Seating Position**

 **Seating arrangement (ships passing)**

**Eye Movements**

 **Comfortable distance from Client’s face**

 **Appropriate speed (slow for Resourcing)**

 **Horizontal EM’s**

 **Alternate directions / \**

**Alternative Bilateral Stimulation (to be used if necessary)**

 **Tapping (palms up/down or on own legs)**

 **Auditory**

 **Stop Signal**

 **Dissociation Signal**