

The EMDR (Resource Development and Installation) Protocol

Resource Development and Installation is a creative and flexible procedure that must be adapted to the unique needs of each client. The following is a general script adapted with permission from Korn & Leeds (in press). Clinicians need to select from the phrases listed in each step those appropriate for each client.

1. **Identifying and assessing the presenting issue.**

Identify a challenging current life situation or blocking belief where the client experiences a blockage or less than optimal capacity to think, feel, respond or perform. "I'd like you to think about a particularly challenging situation in your current life. Perhaps you want to think about therapy and the challenge of facing a traumatic memory. Perhaps you're struggling with a particular person in your life."

Picture that represents the **presenting** issue:

Assess the SUD level: 0 1 2 3 4 5 6 7 8 9 10

2. **Identifying needed Resources for current challenge:**

Qualities, Beliefs, Feeling, Behaviors.

"When you think about this situation, what qualities, resources, or strengths do you need? What would you like to believe about yourself in this situation? How would you like to feel? What would you rather be able to do?"

Possible Answers: "I'd like to feel stronger, safer, more connected, more grounded, more confident, more courageous, more self-trusting, more hopeful, more determined, more flexible. I need to strengthen my commitment to the process of healing. I want to believe in myself. I want to be able to soothe myself. I want to be able to tolerate and manage my feelings. I want to have better boundaries. I want to feel lovable. I want to be able to say what I need."

3. **Resource Development - Exploring Types of Resources:**

Memories of Mastery Experiences and Images:

"Think of a time when you felt _____ (i.e. strong, safe, confident, soothed, able to tolerate your feelings). Think of a time when you were able to behave with more _____ (i.e. courage, self-trust or flexibility). What experiences capture that desired quality or feeling?" Remember ways of being you have experienced at certain times that would be helpful to you now (i.e. your wise self, professional self, warrior self)? Can you allow yourself to see an image of yourself in the future, possessing the qualities or resources that you desire?"

Relational Resources (Models and Supportive Figures):

Think of people in your life, now or in the past, who possess or embody this quality? Think of who you would want in your corner, cheering you on, coaching you, helping you to feel _____ (i.e. stronger, supported, more confident, etc.). Think about friends, relatives, teachers, caregivers, and therapists. Think of any people out there in the world who embody this quality, who serve or could serve as a role model for you (i.e. public figures, or characters in books, TV, movies, or cartoons). Think about your mentors, people who have made a difference in your life. Do you have a spiritual guide, someone or something that gives you hope or strength along the way? Are there any animals or pets that you associate with these positive feelings or qualities?"

Metaphors and Symbolic Resources:

"Think of any other images, symbols, or metaphors that would help you to feel _____ (i.e. soothed, loved, connected, protected, contained, peaceful, etc.)? Think of any positive images or symbols that have come up in your artwork, dreams, Or daydreams, or guided imagery exercises (i.e. a strong, yet flexible tree)."

4. Resource Development - Accessing More Sensory and Affective Information:

(Working with one resource image or association at a time...) "When you think about that _____ (i.e. experience, person, symbol, etc.), what do you see? What do you hear? What do you smell? What sensations do you experience in your body? What emotions do you notice as you focus on this image or memory? Where do you notice these feelings in your body? What emotions do you notice as you focus on this image or memory? Where do you notice these feelings in your body?" (Make verbatim notes of these descriptions of the resource to use in later steps of this procedure.)

Picture: _____

Sounds: _____

Emotions & Sensations: _____

Location of Sensations: _____

5. Checking the Validity of the Resource (VoR):

"When you focus on that picture _____ (repeat description of resource image) and notice the _____ (repeat description of resource sounds, smells, sensations, feelings, etc.), how do you feel now? _____ (then assess the "Validity of the Resource." Verify the selected resource would help the client cope with the challenging (target) situation by asking: "As you think of the picture that represents [the target situation,] how true or helpful do (repeat descriptions of the resource image and feelings) feel to you now from 1, completely false or not helpful to 7, completely true or helpful?" (Initial VoR of "1" is a caution.)

VoR: 1 2 3 4 5 6 7

6. Reflecting the Resource:

Next, repeat the descriptions of the resource a few times. The client can keep eyes open or close them as you reflect the resource descriptions to strengthen their awareness of it.

“Continue to let yourself be aware of _____ (repeat description of resource image) and notice the _____ (repeat description of resource feelings, sensations, smells, sounds, etc.)” (repeat the clients verbatim descriptions of the images, sounds, sensation, feelings, with variations in the sequence of phrases.) Check whether the client can attend to and tolerate a connection to the resource without negative associations or affects. “What do you notice or feel now?” Do you continue with this resource if the client reports negative associations or affects. Consider starting over with another resource.

7. Resource Installation:

“Now, as you continue to focus on _____ (repeat the client’s verbatim description of the image and associated emotions and sensations), follow my fingers (or tones, lights, taps, etc.)” (The clinician then provides several short sets of bilateral stimulation (SEM) with 6-12 complete movements in each set . After each set of bilateral stimulation, the clinician makes a general inquiry.) “What are you feeling or noticing now?” (The bilateral stimulation is not continued if the client reports negative associations or affect. The negative material is either contained imaginally i.e. in a box, vault, etc. before proceeding or the process is started over with an alternate resource).

SEM _____
SEM _____
SEM _____

8. Strengthening connection with the Resource: Linking with verbal or sensory cues:

“Imagine going a step further in connecting with this resource.”

(For mastery experiences) “As you remember that experience, what are the most positive words you can say about yourself now?”

(For models or supportive figures) “Imagine that person standing near you and offering you what you need. Imagine that he or she knows exactly what to say to you, exactly what you need to hear. Imagine merging with this person or stepping right into his or her body.”

(For metaphoric or symbolic resources) “Imagine holding the resource in your hands. Imagine being surrounded by this image or feeling. Breathe this feeling in.

Notice where you feel the positive quality in your body.”

(Continue with sets of bilateral stimulation as long as processing appears helpful.)

SEM _____
SEM _____

Stop the bilateral stimulation when the resource is optimally strengthened. Optimal strengthening will be different for each client. This depends on factors such as proximity of negative associations (dysfunctional memory networks) and the extent of positive affect tolerance.

9. Establishing a Future Template:

Think about possessing this resource in the future as you face _____ (describe the challenging target situation identified earlier).

(For mastery experiences) "Imagine possessing the _____ (i.e. courage, strength, boundaries) you need to cope effectively. Imagine feeling _____ (ie. Confident, peaceful, grounded) in the scene."

(For models or supportive figures) "Imagine feeling connected with _____ (i.e. name their supportive person or relational resource) as you face this challenging situation. Notice what that would be like for you. Hear your resource person saying exactly what you need to hear."

(For metaphoric or symbolic resources) "Feel your resource in just the way you need to feel it.

Be aware of your resource in just the way you need to experience it." (Continue with short sets of bilateral stimulation as long as processing appears helpful).

SEM _____

SEM _____

10. Checking the Validity of the Resource (VoR):

Assess whether the installation and future template with the selected resource has helped the client imagine being able to cope with the target situation.)

Ask: "When focusing on [the target situation,] how true or helpful does (repeat descriptions of the image and feelings) feel to you now from 1, completely false or not helpful to 7, completely true or helpful?"

VoR: 1 2 3 4 5 6 7

11. Repeat for each quality or resource.

This process may be repeated for each of the qualities or resources the client wants to strengthen.

12. Reassessing the present issue.

After installing as many resources as needed, again check the level of disturbance of the target situation that represents the **presenting** issue when holding in mind all installed resources.

Assess the SUD level: 0 1 2 3 4 5 6 7 8 9 10