

PHASE EIGHT: REEVALUATION

TREATMENT PLAN (Global)

*"Tell me, what has changed for you since our last session?"
regarding the work that we are doing?"*

"What changes have you noticed in response to the issue we have been working on?"

"Any new insights?"

"Any dreams?"

"Changes in behavior?"

"Changes in your symptoms?"

*"When you think of your overall (presenting issue), what comes up **now**?"*

TARGET (Target Specific)

"Now as you think about the specific memory (target) we focused on during our last session, what are you noticing?"

*"What is your response to the experience we worked on **now**?"*

"What has changed with the image?"

"Any new insights or thoughts?"

"Any new connections?"

FOR AN INCOMPLETE TARGET - SAY:

*"When you think of the incident now, on a scale from 0-10, how disturbing is it **now**?"*

"Bring up the memory we have been working on. What is the image that represents the worst part of it as you think of it now? What emotions are you experiencing now? Where do you feel it in your body? Do BLS.

Note: Review **History Taking and Treatment Plan Worksheet** after resolution of each Target Memory.

* ALWAYS CHECK YOUR WORK... IF IN THE PREVIOUS SESSION YOU STOPPED AT INSTALLATION OF THE PC - SAY:

AS YOU BRING UP THE TARGET NOW, ON A SCALE FROM 0 OR NEUTRAL TO 10 THE HIGHEST DISTURBANCE YOU CAN IMAGINE, HOW DISTURBING IS IT NOW? COLLECT THE SUDS.

HOLD TOGETHER THE TARGET AND THE POSITIVE COGNITION 'I AM'. PAUSE

ON A SCALE OF 1 COMPLETELY FALSE TO 7 COMPLETELY TRUE, HOW TRUE DO THE WORDS 'I AM' FEEL TO YOU NOW?

SAME FOR BODY SCAN.