

RECENT TRAUMATIC EVENTS

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EMDR Institute Basic Training Course

2017 Weekend Two Manual

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RECENT TRAUMATIC EVENTS

PURPOSE

To process a disturbing event that occurs within a three-month period.

ADAPTIVE INFORMATION PROCESSING

Recent traumatic events of approximately three months' duration have not fully consolidated as a single event. Therefore, it is necessary to target each aspect of the traumatic event separately.

Each frame of the event is assessed for its own image, Negative Cognition, Positive Cognition, VOC, emotions, SUD, and body sensations.

Then each frame is targeted separately with all the procedural steps and processed to resolution.

HISTORY TAKING

- Obtain a narrative of the event, beginning before the event occurred and after it was over.
- Identify the sequence frame by frame of the entire event.
- Narrative can come from others in addition to the client.

TARGET MEMORY ASSESSMENT

Identify Image, NC, PC, **VOC**, emotions, **SUD**, location of physical sensation (start with the worst part if intrusive). If not, start at the beginning of the event as the client remembers it.

REPROCESSING SEQUENCE

1. Applying **BLS**, start reprocessing by targeting the worst part first using full Assessment. Follow through Installation of Positive Cognition. (**no** Body Scan)
2. Target each of the remaining frames in chronological order using full Assessment for each. Follow through Installation of Positive Cognition. (**no** Body Scan).
3. Have client visualize the entire event with eyes closed. Apply **BLS** to any frame that is still disturbing until neutralized.
4. Repeat until the entire event can be visualized from start to finish without disturbance.
5. Extended Installation Phase: Install the positive belief (PC) for the entire event and have the client visualize the event from start to finish with eyes open using **BLS**.
6. As an additional check, review the entire event with eyes closed holding in mind the PC to ensure that the **VOC** is at a 7 for the entire event (each frame). If not, target that frame until **VOC** is 7. Repeat procedure until the entire event is linked with the PC and the **VOC** is 7.
7. Apply Body Scan holding in mind the event and the Positive Cognition.
8. Reprocess any present triggers associated with the recent event.
9. Apply Future Templates of desired response(s) after resolution of each trigger.