Target Sequence Planning: Negative Cognition

**CLIENT:**

**DATE:**

|  |
| --- |
| **WHAT’S THE PROBLEM** |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| EMOTIONS- HOW DOES THAT MAKE YOU FEEL? | | | |
| Fear | Terror | Apprehension | ? |
| Anger | Rage | Annoyance | ? |
| Sadness | Grief | Pensiveness | ? |
| Disgust | Loathing | Boredom | ? |

|  |
| --- |
| **ASSOCIATED SENSATIONS** |
| *Next, we will scan your body, top down, for any sensations associated with this issue. When you bring this issue to mind, do you notice any sensations in your...*  Face/jaw: Neck: Shoulders: Back: Chest: Arms: Hands: Abdomen: Hips: Buttocks: Legs: Feet: |

|  |
| --- |
| **PAST EXPERIENCES** |
| *Have there been times in the past when you have felt this way or experiences similar issues/concerns? Times when you've experienced these emotions, sensations, and/or similar events?* **Yes No** |

###### 

|  |
| --- |
| **PAST EXPERIENCES ( CONTINUED)** |
| (If no, proceed to Positive Cognition; if yes, continue...)  *Can you give a couple of examples of when you have felt this way before?* |

**NEGATIVE COGNITION IDENTIFICATION**

*Is there a theme you can identify with these events, sensations, and/or emotions? What do they seem to have in common? We call this the "negative cognition," and it's usually an "I statement," where the person comes to believe that the issue(s) reflect something negative about themselves...*

**Negative Cognition:**

**Examples:**

I am worthless. I am unworthy.

I am not good enough. I am destructive.

I do bad things.

I am out of control.

I have to be in control. I am bad.

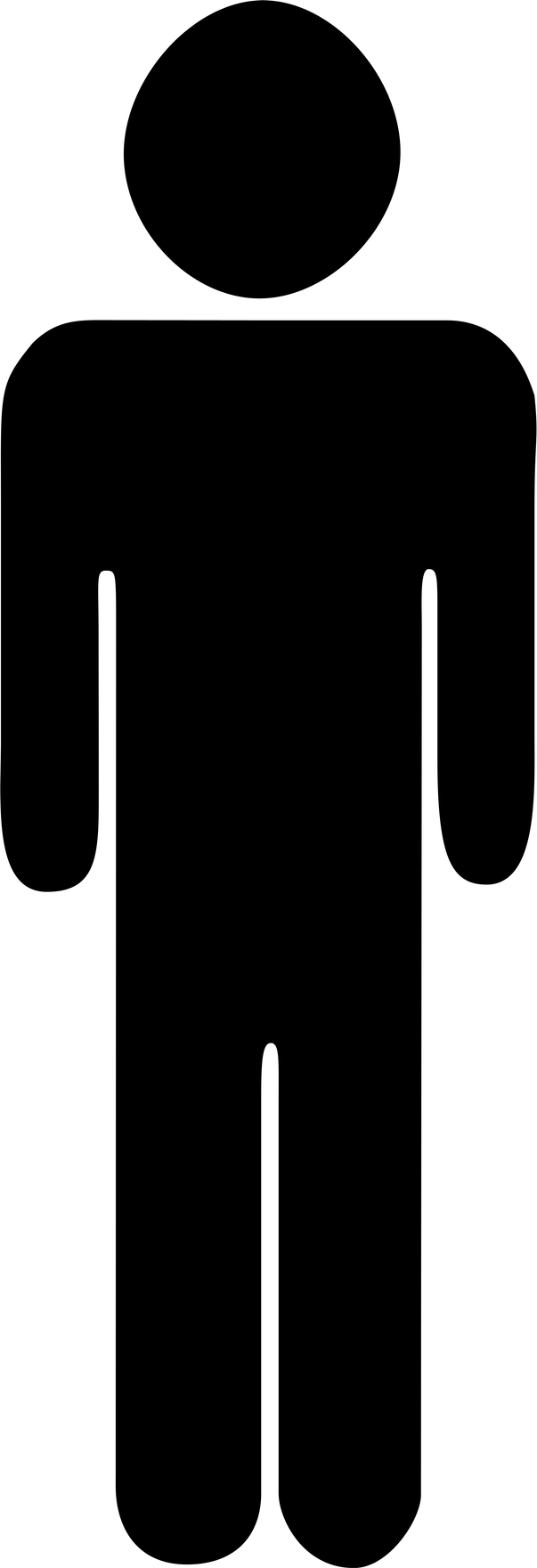
I can't trust myself I can't be trusted.

I can't protect myself. I am helpless.

I don't deserve to live.

|  |
| --- |
| **SUMMARY OF NEGATIVE COGNITION** |
| Presenting Problem: Negative Cognition: Associated Emotions:  Associated Sensations:  Scale the intensity of your NC between 0-10. |

2

Target Sequence Planning: Positive Cognition



**CLIENT:**

**DATE:**

|  |
| --- |
| **POSITIVE COGNITION IDENTIFICATION** |
| *What would you like to think, instead of the [Negative Cognition]?* |

|  |  |  |
| --- | --- | --- |
| **ASSOCIATED EMOTIONS** | | |
| Joy | Hope | ? |
| Happiness | Anticipation | ? |
| Contentment | Optimism | ? |
| Peace | Pride | ? |

|  |
| --- |
| **ASSOCIATED SENSATIONS** |
| *Next, we will scan your body, top down, for any sensations associated with this Positive Cognition... If you were to believe that thought, how would it feel in your...*  Face/jaw: Neck: Shoulders: Back: Chest: Arms: Hands: Abdomen: Hips: Buttocks: Legs: Feet: |

|  |
| --- |
| **PAST EXPERIENCES** |
| Scale the level of your VoC between 1-7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

1

CLIENT:

DATE:

**Secure Place Worksheet**

**Step 1: Choose the Secure Place:** It is recommended the secure place be a real place you've been, if possible.

**Step 2: Describe the Secure Place:** Connect with what you see, feel, smell, and hear around you when imagining you are there. Jot down this information about your secure place below.

**Step 3:** Assign a word that describes the secure place - one that will activate thoughts of this place when you say or think it.

**MY SECURE PLACE:**

**SECURE PLACE WORD:**

s



**CLIENT:**

**DATE:**

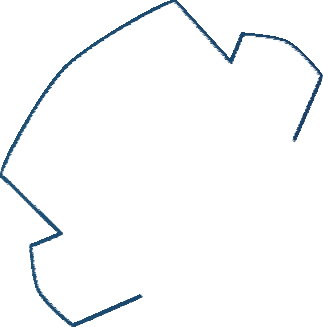
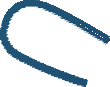
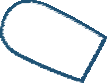
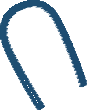
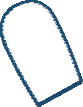
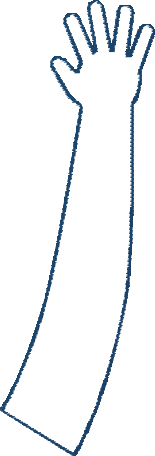
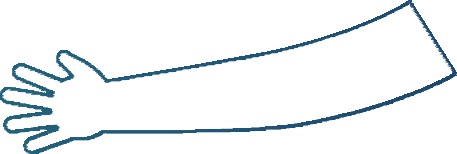
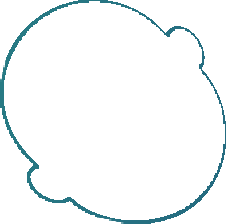
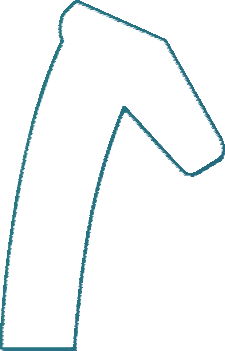
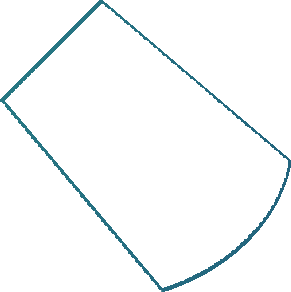
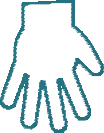
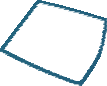
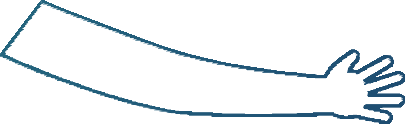
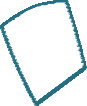
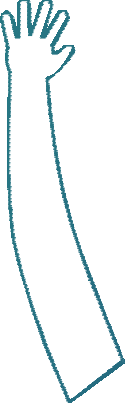
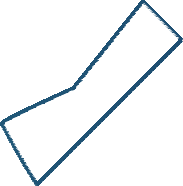
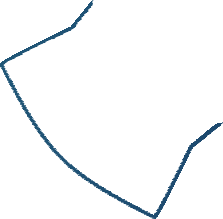
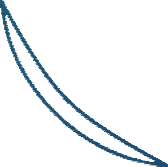
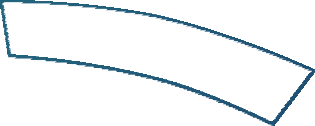
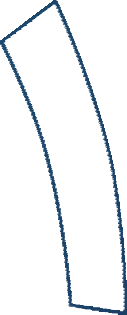
**NURTURING & PROTECTIVE FIGURES**

**FOR RESOURCING**

**Directions:** Identify individuals that you experience to be nurturing and protective. These can be individuals who you' ve known, such as family members, or individuals you' ve never met.). These individuals will serve as a mental resource to help you feel nurtured and protected when processing distressing memories and information.

Nurturing Figure:

Protective Figure:



**CLIENT:**

**DATE:**

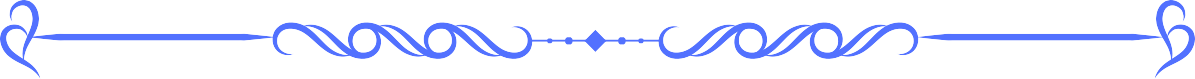
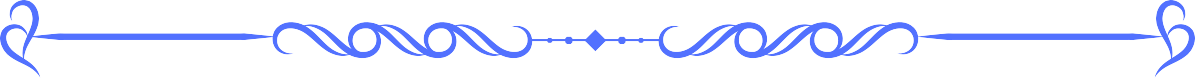
# CIRCLE OF SUPPORT

##### FOR RESOURCING

**Directions:** Identify supportive individuals that you can assign to your " Circle of Support." This circle of support will serve as a mental resource to help you feel strong, grounded, and protected when processing distressing memories and information.

Person 1: Person 2:

Person 3: Person 4:



**CLIENT:**

**DATE:**

# PEOPLE AND PLACES

##### AS EXTERNAL RESOURCES

**Directions:** In this exercise, you will identify real people and ( easily accessible) places that you can reach out to/visit during times of stress. These people and places should make you feel supported, secure, and/or comfortable, and can serve as external, environmental resources for you!

**Person 1:** *Who is this person, and what makes them special to you? How do you feel when you are in their presence?*

**Person 2:** *Who is this person, and what makes them special to you? How do you feel when you are in their presence?*

**Place 1:** *What is this place, and where is it? How do you feel when you go there?*

**Place 2:** *What is this place, and where is it? How do you feel when you go there?*

**ACCESS & ACTIVATE WORKSHEET**

Phase 3

**Step 1: Identify a "stop signal" or "time out" signal client can use.**

*I'd like to start off by agreeing on a stop signal, or time out signal, which will communicate to me that you are becoming overwhelmed and would like to stop. This can be a hand motion or position. One option is a time out sign -- what would you prefer?*

**Step 2: Image of the worst part of the target.**

*We've identified your target as [insert target here]. To begin to access the neural network of this target, I'd like*

*you to try to bring to mind an image of the worst, or most intense, moment of the incident. Let me know when you feel like you've identified what this image is.*

**Step 3: Pair the Negative Cognition with the image.**

*We identified your Negative Cognition as [insert NC here]. To access this network at a bit of a deeper level, I*

*want you to mentally pair your NC with the image of the worst part of the incident, holding both in your mind at the same time.*

**Step 4: Access associated emotions.**

*As you continue to hold in mind an image of the worst part of the incident, along with your Negative Cognition,*

*begin to check in with your emotions, noticing any that might be present. Some clients notice the presence of multiple emotions, while others may not notice anything. What do you notice?*

**Step 5: Identify associated sensations.**

*Continuing to hold in mind the image of the worst part of the incident, along with your Negative Cognition, I*

*want you to now check in with your body, noticing any sensations or experiences in the body that seem to go with the image and Negative Cognition. What do you notice?*

**Step 6: Do a "temperature check" (SUDS).**

*Now that you've accessed this network, including the Negative Cognition, image, emotions, and sensations, let's*

*do a quick "temperature check." On a scale of 1-100, where 1 is no distress at all, and 100 is the worst distress you can imagine, what is your distress, or "temperature," right now?*

**Step 7: Access Positive Cognition, holding in mind the image.**

*In Phase 1, we also identified a Positive Cognition, which is what you'd like to think instead of the Negative*

*Cognition. You identified your Positive Cognition as [insert PC here]. Does that positive belief still fit for you? If so, I want you to hold in mind that Positive Cognition along with an image of the worst part of the incident.*

**Step 8: Evaluate validity of the Positive Cognition (VoC).**

*Now, with the Positive Cognition and image held together in your mind, I want you to evaluate how true the*

*Positive Cognition feels \*right now\* (not how true it felt in the past), on a scale of 1-7 where 1 is not true at all, and 7 is totally true. How true does the Positive Cognition feel at this time?*

***Tip:*** *Before starting Phase 4, re-access the image + NC and get a final "temperature check" to ensure there is sufficient activation (SUDS of 30+).*

**ACCESS & ACTIVATE WORKSHEET**

#### Phase 3

**Step 1: Identify a "stop signal" or "time out" signal client can use. CLIENT'S RESPONSE:**

**Step 2: Image of the worst part of the target. CLIENT'S RESPONSE:**

**Step 3: Pair the Negative Cognition with the image. CLIENT'S RESPONSE:**

**Step 4: Access associated emotions. CLIENT'S RESPONSE:**

**Step 5: Identify associated sensations. CLIENT'S RESPONSE:**

**Step 6: Do a "temperature check" (SUDS). CLIENT'S RESPONSE:**

**Step 7: Access Positive Cognition, holding in mind the image. CLIENT'S RESPONSE:**

**Step 8: Evaluate validity of the Positive Cognition (VoC). CLIENT'S RESPONSE:**

***Tip:*** *Before starting Phase 4, re-access the image + NC and get a final "temperature check" to ensure there is sufficient activation (SUDS of 30+).*

**Eye-Movement Desensitization**



*Before beginning the eye movements, and preferably before conducting Phase 3, experiment with the finger distance from the client, the speed (aim for .5 seconds per direction), and the movement width.*



*Begin the eye movements immediately after "accessing and activating" the NC network in Phase 3. For recommendations about length of eye movement iterations, see the step-by-step worksheets for Phases 3-7.*

***Phase 4***



*Sit facing the client off to their right, so that if you stood up and walked toward them, your left shoulders would hit ("sitting right brain to right brain").*



*If the client reports that they cannot engage in the eye movements and simultaneously access the "target," consider tactile or auditory BLS. This may also be considered if the desensitization session is lengthy, and the client's eyes become tired.*

**Installation Step-By-Step**



*Now, with the image and PC in mind, does the PC still fit? Is this still the thought you want to have when you remember this event? If not, is there another thought that would fit better?*



*When you think of that image, along with the PC, how true does that thought feel now, on a scale of 1-7, where 1 is not at all and 7 is completely true?*



*Now just go with that...*

(Conduct 15 seconds of slow BLS.)



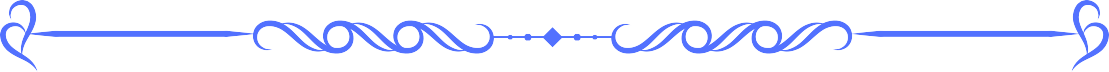
Ask for the VoC after each BLS iteration. When the VoC stops changing, or when it reaches 7, proceed to Phase 6.

### Phase 5



*Bring to mind an image or other sensory experience of the worst part of the incident, and simultaneously bring the PC to mind.*

**BODY SCANNING**



**Directions:** In this exercise, you will bring your awareness and attention to different regions of the body, checking in with any feelings of distress or tension in these areas that might suggest emotional distress. As you complete this exercise it is okay to stop, or skip certain areas of the body, if a region does not feel safe or comfortable to connect with.

*Begin by closing your eyes or gently gazing downward on one spot. Now let's begin Body Scanning. As you go through this exercise, you may notice various sensations. When this happens, simply experience and acknowledge the sensations, as well as any accompanying thoughts or emotions you may notice.*

*To begin, shift your focus to your feet, just noticing any sensations that may arise as you attend to this area. Feel into your feet, without judgment, noticing what they feel like. Stay here for a moment. Still focusing on your feet, ask yourself, “Is there distress or tension in this area?” Remain focused here for a few moments, continuing to connect with this area of the body.*

*Let awareness begin to shift upward to the lower part of the legs, above the feet but below the knees. Notice the sensations occurring in your calves, and in the front areas of your legs. Just feel into these areas with a calm awareness. Stay here for a moment. Still focusing on the lower part of your legs, ask yourself, “Is there distress or tension in this area?” Note to yourself if you experience distress or tension in this region.*

*Withdraw your attention from your lower legs, and begin focusing on the upper parts of your legs, above your knees but below your hips, noticing what your hamstrings and quads feel like. Focusing on this region, ask yourself, "Is there distress or tension in this area?" Note any sensations you become aware of.*

*Continue this exercise, moving your awareness through several major muscle groups and different regions of the body. The following areas may be scanned in this exercise:*

* *Feet*
* *Lower legs*
* *Upper legs*
* *Hips*
* *Abdomen*
* *Lower and/or upper back, or entire back*
* *Arms*
* *Hands*
* *Chest area (with a focus on the breath)*
* *Shoulders*
* *Neck*
* *Head/jaw*

**EMDR STEP-BY-STEP**

Phases 3-7

**Access and Activate:**

* 1. Establish "time out" signal or other stop signal.
  2. Access PC with image.
  3. Assess Voc 1-7
  4. Bring to mind image of worst part of memory.
  5. Access NC with image.
  6. Identify associated emotions.
  7. Identify associated sensations.
  8. Temperature check 1-100

Desensitization:

1. Do the following several times:

\*Conduct approx 30-180 seconds of BLS

\*Ask: "What do you notice? ... Go with that..."

\*When client reports noticing the same thing repeatedly, or when time is short, proceed to #2.

1. Then do the following 1 time:

\*Conduct approx 30-180 seconds of BLS

\*Ask: "What is your temperature 1-100? ... Go with

that..."

Repeat 1 & 2 several times until temp < 10.

Body Scan:

1. Bring to mind image or worst part of memory, and awareness of body.
2. Instruct client to notice any tension or distress in body during body scan.
3. Conduct body scan while keeping image in mind (see Body Scanning Handout if needed).
4. Ask: "Did you notice any tension or distress?"
5. If no, move to Phase 7. If yes, proceed.
6. Say: "Focus on worst image, along with the sensation, and go with that."
7. Complete 20 seconds of ***fast*** BLS. Repeat until sensation diminishes.

Installation/ Reprocessing:

1. Bring to mind image of worst part of memory with PC.
2. Ask: "Now, with the image in mind, and the PC in mind, does it feel like the PC is still correct? Is this still the thought you'd like to have when you remember this event?"
3. If no: "Is there another thought that would fit better?" If yes, proceed.
4. Say: "When you think of the image with the PC, how true does the PC feel from 1-7?"
5. If VoC < 7 do BLS ***slowly*** for 15 seconds.
6. Ask for VoC after each iteration until 7 is reached.

Closure:

1. Practice resourcing and stabilization as needed.
2. Process the session, highlight any progress.
3. Prepare client for what to expect after session.
4. Set up a time to check in with client if desired.
5. Briefly give overview of plan for next session.

s



rn the rules like a pro, so you can break them like an artist.”

— Pablo Picasso