

Processing Comparison Chart

EMD[^]

Phase 3: Access and Activate

1. Incident's worst part
2. Negative Belief
3. Positive Belief
4. VoC: 1, 2, 3, 4, 5, 6, 7
5. Emotions
6. SUD: 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
7. Stop signal

Phase 4: Desensitization

1. BLS: 5-10 round-trips
2. *Breathe.*
3. *Think of the incident.*
4. *SUD: 0-10?*
5. *Go with that.*
6. 4th BLS/DAS:
 - *What's changed?*
 - *SUD: 0-10*
 - *Go with that.*
7. End of desensitization
 - *SUD= \geq 0?*

Target specific desensitization

Phase 5: Installation

1. *Think of the incident and the positive belief.*
2. *Hold the two together.*
3. VoC: 1, 2, 3, 4, 5, 6, 7
4. BLS: 5-10 round-trips
5. VoC $<$ 7?

Phase 7: Closure

1. Stabilize
2. Debrief
3. Integrate
 - Extended Resourcing?

EMDr

Phase 3: Access and Activate

1. Incident's worst part
2. Negative Belief
3. Positive Belief
4. VoC: 1, 2, 3, 4, 5, 6, 7
5. Emotions
6. SUD: 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
7. Body Location
8. Stop signal

Phase 4: Desensitization

1. BLS: 10-15 seconds
2. *Breathe.*
3. *Think of the incident.*
4. *What do you notice now?*
5. *Go with that.*
6. Repeat until no change
7. *SUD: 0-10. Go with that.*
8. End of desensitization
 - *SUD= \geq 0?*

Processing the incident with insights as well as desensitization

Phase 5: Installation

1. *Think of the incident and the positive belief.*
2. *Hold the two together.*
3. VoC: 1, 2, 3, 4, 5, 6, 7
4. BLS: 5-10 seconds
5. VoC $<$ 7

Phase 6: Body Scan

1. Hold incident and positive belief.
2. Scan your body.
3. BLS (5-10 seconds) with any sensation
4. Goal: calm or neutral sensations

Phase 7: Closure

1. Stabilize with SUD $>$ 0
2. Debrief
3. Integrate
 - Extended Resourcing?

EMDR

Phase 3: Access and Activate

1. Incident's worst part
2. Negative Belief
3. Positive Belief
4. VoC: 1, 2, 3, 4, 5, 6, 7
5. Emotions
6. SUD: 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
7. Body Location
8. Stop signal

Phase 4: Desensitization

1. BLS: 15-30 seconds
2. Paced: client non-verbals
3. *Breathe.*
4. *What do you notice now?*
5. *Go with that.*
6. Repeat until no change
7. *SUD: 0-10. Go with that.*
8. End of desensitization
 - *SUD=0*

Desensitization of entire neural network, not just a specific incident
May take multiple sessions

Phase 5: Installation

1. *Think of the incident and the positive belief.*
2. *Hold the two together.*
3. VoC: 1, 2, 3, 4, 5, 6, 7
4. BLS: 5-10 seconds
5. VoC=7

Phase 6: Body Scan

1. Hold incident and positive belief.
2. Scan your body.
3. BLS(5-10 seconds) with any sensation
4. Goal: calm or neutral sensations

Phase 7: Closure

1. Stabilize with SUD $>$ 0
2. Debrief
3. Integrate
 - Extended Resourcing?