

Dixwell/Newhallville Community Mental Health Services Urban Trauma Center

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“We are in the community to serve the community.”



EMDR HAP Camp Lejeune Consultation
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Success Tips with EMDR

- Use EMDR written informed consent with all clients
- Explain EMDR more than one time
- Take a good trauma history
- Review the mechanics – ships passing in the night, etc.
- Use the safe place protocol - develop good safe place
- Develop other affect management tools, light stream, spiral technique
- Expect some client confusion about the scales
- Use the eight stage assessment - written
- Use adequate bi-lateral stimulation – three methods
- Stop signal – remind always
- EMDR is a forgiving process
- Be prepared for affect
- Verbal support during intensive processing
- 1/3....1/3....1/3 Allow debrief time
- Closure of incomplete session: generate an interim PC by asking: “What’s the most useful thing you’ve learned about yourself from today’s session?”

Eight Stage Assessment Checklist

- Target memory
- Image
- Negative Cognition
- Positive Cognition
- VOC
- Emotions
- SUDS
- Location of body sensations

Cognitive Interweaves Fall into Three Domains:

- Responsibility – Defective
Action
- Safe - Vulnerability
- Choices – Choices

Strong Emotional Processing

- Nurture Through
- “On that train.....”

Distancing Strategies

- Change to Still photo
- Change to Black and White Picture
- Place a glass wall between self and trauma