

# EMDR Future Template

List desired positive future templates by identifying what perceptions, feelings, actions, and beliefs the client would like to have in the future. Each future template should be processed while keeping in mind a standard PC and adding BLS

## Part 1

***'Now let's anticipate what will happen when you are faced with .....(state the fear). Think of a time in the future and identify a mental image or photo of a typical situation that would have previously triggered your fear, prior to our work together. What would that be?'***

Client visualises the scene/image as clearly as possible, while keeping in mind a standard PC (I can cope with it, I can handle it etc)

***'Please focus on that image and say to yourself..... (I can handle it, cope with it etc) notice the sensations associated with the future scene and follow my fingers/lights'***

Normal set of BLS, then rate VoC (1-7). Continue until it reaches 7/7 and plateaus

If after 10 sets if VOC is still below 7/7.

Option 1. Are new resources or skills needed? Introduce or install.

Option 2. Are there more targets that need to be identified and processed with standard EMDR?

Option 3. If still catastrophizing, do they need to use the Flash Forward protocol?

## Part 2

### Video Playback

Clinician asks the client to close his/her eyes and to run a mental video of the anxiety-provoking situation or stimulus from start to finish. As soon as any disturbance arises, client stops, open eyes and informs the clinician.

***'This time I'd like you to imagine yourself stepping into the future. Close your eyes and play a movie from the beginning to the end. Notice what you are seeing, thinking, feeling and experiencing in your body. While playing the movie, let me know if you hit any snags and if so, just open your eyes and tell me. If you don't hit any snags, let me know when you have viewed the whole movie'***

Any disturbing aspects are targeted with BLS. Holding in mind the same PC (I can handle it) while a set of BLS is administered. Don't do Phase 3, just BLS + PC.

Video playback is repeated until it can be viewed from start to finish without distress.

Finally: ***'Okay, play the movie one more time from start to finish and say to yourself, I can handle it.'*** Add SLOW BLS alongside video (use self-taps with eyes closed).