

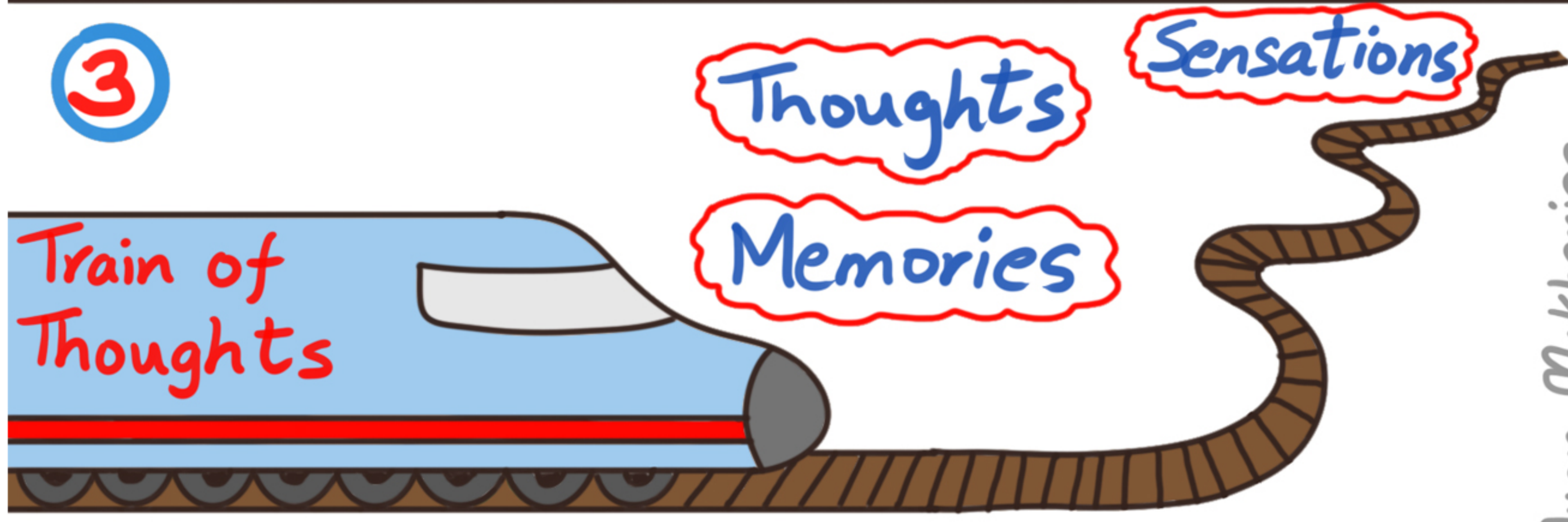
# EMDR Therapy - Reprocessing Phase

- ① Parts of the Memory
- Image  Image  Beliefs
  - Feelings  Feelings  Sensations
  -  Current level of Distress

Lighting up the memory network

- ②  EMDR Therapist
- Bilateral Stimulation (BLS)

BLS through eye movements, tapping or audio.

- ③  Thoughts Sensations Memories
- @Ayan-Mukherjee -*

Free association - let your mind run freely and just notice.

- ④  I am thinking about my 12 yr old self and feeling sad. Go with that...

After each set of BLS, therapist asks for what's coming up for you.

- ⑤  Feels like a zero. When you go back to the original memory, how strongly do you feel now, on a scale of 1-10?

Rinse and repeat steps 2-4, till the feelings are down to a 0/1.

- ⑥ Therapist closes the session by:
- Installing a positive belief, OR,
  - Containment, grounding and debriefing.

Note: Only try this with a trained and licensed EMDR therapist.