

6. Stop it if...

Stop me if anything other than the incident comes up.

If you have to stop the eye movements, revert to listening to them and help them decide what to do next.

- Safety
- Resource (food, shelter, etc.)
- Other support

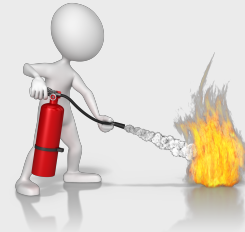
7. Process it

1. Think of the incident
2. Apply 10 round trips of EMs
3. Take a breath, let it out, think of the incident. How much does it bother you now 0-10?
0 1 2 3 4 5 6 7 8 9 10
Or
How much does it bother you now? A little - a lot?
4. Go with that: 10 round trips of EMs. If they don't like EM's, have them run in place or pump their arms
5. Repeat 1- 4 above until disturbance no longer drops

8. Closure

Discuss with them what to do next:

CiD™
Critical incident Desensitization



Critical incident Desensitization

Developed by
Roy Kiessling

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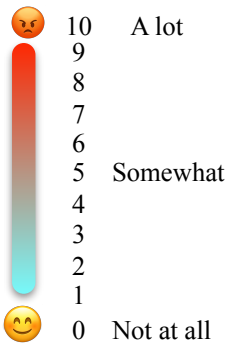
1. Hear it

Tell me what happened.

If people have difficulty telling their story, consider having them walk around as they tell you what happened. (This helps calm them down.)

2. Measure it

*How upset are you?
(circle one)*



Or just:

How much does it bother you?

3. Suggest it

Rapid eye movements seem to help reduce how upset we feel.

4. Consent to it

Would you be willing to try it

5. Explain it

As you think of the incident and how upset you are, watch my hand as I move it back and forth. When I stop, I'll ask you how much what happened bothers you. We will, then, do another set of eye movements. We'll keep doing that until you no longer feel as upset. Then, we'll talk about other things you can do to deal with it.

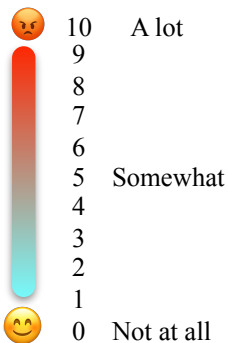
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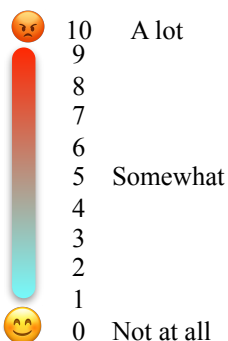
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