



EMDR Defined Terms

BLS

- Bilateral Stimulation; Activating the body alternating laterally (visually, tactilely, or auditorily)

Blocking Belief

- A belief the client experiences that acts as a barrier towards growth or gets in the way of processing

Body Scan

- Client internally scans body for any physical sensations (weight, pain, tension, etc.)

EMDR

- Eye Movement Desensitization and Reprocessing

Clear

- Term used when the client reports no affect, body sensations, or thought disturbances related to the target being processed

Float back

- Technique used to identify the history of NC throughout client's lifetime

NC

- Negative Cognition; A defined negative thought or belief the client experiences

PC

- Positive Cognition; A defined positive/neutral thought or belief the client experiences

Processing

- The act of engaging in EMDR stages with BLS

Resources

- EMDR specific coping skills often combined with guided imagery and meditation
- Examples: Safe place, Container, Paint can, Spiral, Scent

Script

- Written script/text composed by recognized EMDR professional for a particular kind of target/presenting problem

SUD

- Subjective Units of Disturbance scale.
- A measurement scale in which the client identifies their level of disturbance with an event or negative cognition or body sensation.
- "On a scale from 0 to 10 where 0 is no disturbance at all and 10 is the highest disturbance imaginable, how disturbing does that feel to you right now?"

Tappers

- Universally recognized EMDR tool used to bilaterally stimulate the client tactilely

Target

- Identified memory/incident/NC being focused on in the session

Touchstone event

- Chronologically first event identified in client's history that may have produced NC

VoC

- Validity of Cognition
- A measurement scale in which the client identifies the level of truthfulness a positive cognition currently possesses.
- "On a scale from 1 to 7 where 1 is completely false and 7 is completely true, how true does that feel to you right now?"