Ending Phase 4: Desensitization | Complete Session

Get 3-5 Positive or Neutral Statements; notice body shifts and insights; you think they're at SUD: 0

Take them back to OG memory and do a full set ("Go back to the original memory and go with/notice that")

Client reports disturbance/a new channel opens/negative material arises

"Go with that/Notice that" Keep processing until you get 3-5 neutral/positive statements (Start at the top of this chart)

Client reports another positive/neutral statement OR it seems no more channels open up

Take a SUDs

If SUDs is not a 0 or ecological 1, determine what the disturbance is and do sets to clear disturbance. Keep doing sets until you get 3-5 neutral/positive statements (start at the top of this chart)

Client reports another positive/neutral statement OR it seems no more channels open up

Take a SUDs

If SUDs is 0, or ecological 1 (And you've confirmed it is an ecological 1) go on to Installation Phase

COAST to COAST EMDR