Phases 5 - 7: Installation - Closure

COAST to COAST EMDR

1) Check the PC:
"Do the words (say PC) still fit, or is there another positive statement that is better?"

2) Take the Voc:
"As you think of Target memory and PC–how true is it ona scale of 1-7 (1 = completely false and 7 = completely true)?

2A) If Voc is NOT a 7 -
LINK PC with Original Memory:
"Think of original event/memory and hold it together with the words (say positive cognition)."
Do a several fast DAS sets and try and bump up to 7.

2B) Recheck the Voc:
"As you think of Target memory and PC–how true is it on a scale of 1-7 (1 = completely false and 7 = completely true)?"

If VOC is still not going up
Go back, check for blocking belief or a new target "What prevents it from going to a 7" Float-back - Identify the first time felt this way – reprocess with desensitization - then move back into installation and body scan

2C) If client reports 7, move to 3) Installation

3) Install (IF Voc is 7)
LINK:Install PC with Original Memory:
"Think of original event/memory and hold it together with the words (say positive cognition)." Do a fast DAS set.

4) Move into Phase 6: Body Scan
"Close your eyes, think of the event/ memory- and hold with positive cognition and scan – if residual discomfort- do a fast DAS set and continue to "Notice that" until discomfort subsides.

5) Move into Phase 7: Closure
- Debrief
-TICES
-Resources