

Procedural script for Resource Development and Installation

1) Describe a recent incident or stressful situation _____

2) How disturbing does it feel to you right now, from 0 to 10, where 0 is no disturbance or neutral, and 10 is the highest disturbance you can imagine?

SUD: 0 1 2 3 4 5 6 7 8 9 10

3) What positive skill, strength or quality do you need that will help you with this stressful situation? (Identify up to three if possible.)

- i) _____
- ii) _____
- iii) _____

4a) Mastery Experience	4b) Relational Resource	4c) Symbol
<p><i>Is there a time in your life where you were able to?</i></p> <p>If NO, proceed to Relational Resource If YES, continue below</p>	<p><i>Is there someone in your life, from the past or present, or someone who you admire, who is able to.....?</i></p> <p>If NO, proceed to Symbol If YES, continue below</p>	<p><i>Is there an image or symbol (example: an animal, something in nature, a material item) that would help you be able to.....?</i></p> <p>If NO, offer examples of what might help the client</p>
<p><i>What image best represents this situation?</i></p> <p>_____</p>	<p><i>What image best represents this situation?</i></p> <p>_____</p>	<p><i>What image best represents this situation?</i></p> <p>_____</p>
<p><i>Where do you feel the positive feeling(s) in your body?</i></p> <p>_____</p> <p>If there are no positive feelings, do not continue. Find a new resource.</p>	<p><i>Where do you feel the positive feeling(s) in your body?</i></p> <p>_____</p> <p>If there are no positive feelings, do not continue. Find a new resource.</p>	<p><i>Where do you feel the positive feeling(s) in your body?</i></p> <p>_____</p> <p>If there are no positive feelings, do not continue. Find a new resource.</p>
<p><i>Now, focus on the image and where you notice the positive feeling(s) in your body and follow. (Add one set of 6-12 bilateral movements)</i></p> <p><i>What do you notice in your body now?</i></p> <p>_____</p> <p>If the experience is positive or gets stronger, continue below. If there is a negative response, do not continue. Find a new resource.</p>	<p><i>Now, focus on the image and where you notice the positive feeling(s) in your body and follow. (Add one set of 6-12 bilateral movements)</i></p> <p><i>What do you notice in your body now?</i></p> <p>_____</p> <p>If the experience is positive or gets stronger, continue below. If there is a negative response, do not continue. Find a new resource.</p>	<p><i>Now, focus on the image and where you notice the positive feeling(s) in your body and follow. (Add one set of 6-12 bilateral movements)</i></p> <p><i>What do you notice in your body now?</i></p> <p>_____</p> <p>If the experience is positive or gets stronger, continue below. If there is a negative response, do not continue. Find a new resource.</p>

<p>Do a second set of 6-12 bilateral movements. <i>Stay with that and follow again.</i></p> <p><i>What do you notice in your body now?</i></p> <p>_____</p> <p>If the experience is positive or gets stronger, continue below. If there is a negative response, do not continue. Find a new resource.</p>	<p>Do a second set of 6-12 bilateral movements. <i>Stay with that and follow again.</i></p> <p><i>What do you notice in your body now?</i></p> <p>_____</p> <p>If the experience is positive or gets stronger, continue below. If there is a negative response, do not continue. Find a new resource.</p>	<p>Do a second set of 6-12 bilateral movements. <i>Stay with that and follow again.</i></p> <p><i>What do you notice in your body now?</i></p> <p>_____</p> <p>If the experience is positive or gets stronger, continue below. If there is a negative response, do not continue. Find a new resource.</p>
<p><i>Tell me a word or phrase that can help identify this resource.</i></p> <p>_____</p>	<p><i>Tell me a word or phrase that can help identify this resource.</i></p> <p>_____</p>	<p><i>Tell me a word or phrase that can help identify this resource.</i></p> <p>_____</p>
<p>Do a third set of 6-12 bilateral movements. <i>Focus on where you notice the positive feelings in your body. Repeat that word or phrase and follow again.</i></p> <p><i>What do you notice now?</i></p> <p>_____</p>	<p>Do a third set of 6-12 bilateral movements. <i>Focus on where you notice the positive feelings in your body. Repeat that word or phrase and follow again.</i></p> <p><i>What do you notice now?</i></p> <p>_____</p>	<p>Do a third set of 6-12 bilateral movements. <i>Focus on where you notice the positive feelings in your body. Repeat that word or phrase and follow again.</i></p> <p><i>What do you notice now?</i></p> <p>_____</p>

5) Focus on all the resources that we found during our session. Notice where you feel them in your body. Repeat the word or phrase for each one. Now follow again. (Add one set of 6-12 bilateral movements).

What do you notice in your body now? _____

6a) Think about all the resources we found today. Then imagine in the future being able to face the stressful situation you described earlier. Notice the positive feelings you feel in your body. Now follow again. (Add one set of 6-12 bilateral movements).

What do you notice in your body now? _____

6b) Think about being able to face in the future the stressful situation you identified at the beginning. How disturbing does that feel to you right now, from 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine?

SUD: 0 1 2 3 4 5 6 7 8 9 10

7. At the next session, check on the patient's ability to cope with the identified stressful situation. Repeat the above steps as needed on this or other target situations.

Adapted with permission from Exhibit B.7, Leeds, A.M. (2016) A Guide to the Standard EMDR Therapy Protocols for Clinicians, Supervisors, and Consultants, 2nd Edition. Springer Publishing Company, NY. Jasmine Alexander provided helpful input in the development of this new format for the RDI script.

Basic Procedural Steps and Script for Resource Development and Installation
<p>1. <i>Describe an incident or stressful situation:</i> _____ <i>How disturbing does it feel to you right now, from 0 to 10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine?</i> SUD: 0 1 2 3 4 5 6 7 8 9 10</p>
<p>2. <i>Which positive resource, skill, or strength will help you to deal better with this stressful situation? (Identify up to three of these if possible. It is fine to just identify one initially and go through step 4. Then return to step 2 to identify a second resource, and later return to step 2 to identify a third. Note: When possible, select resources that will assist both with the current stressful situation and with subsequent reprocessing of etiological experiences.)</i></p> <p>a. _____ b. _____ c. _____</p> <p><i>Describe a moment or situation in your life when you experienced that resource, skill, or strength.</i></p> <p>a. _____ b. _____ c. _____</p>
<p>3. <i>What image best represents this situation?</i></p> <p>a. _____ b. _____ c. _____</p> <p><i>Where do you feel it in your body?</i></p> <p>a. _____ b. _____ c. _____</p>
<p>4. <i>Now focus on the image and notice where you are feeling it in your body. Then follow my fingers (lights, taps, or tones). (Add one set of 6–12 movements.)</i> <i>What do you notice in your body now?</i></p> <p>a. _____ b. _____ c. _____</p> <p><i>(If the experience stays positive or gets stronger, do a second set of 6–12 movements.)</i> <i>Stay with that and follow again.</i> <i>What do you notice in your body now?</i></p> <p>a. _____ b. _____ c. _____</p> <p><i>Tell me a word or phrase that can help identify this resource.</i></p> <p>a. _____ b. _____ c. _____</p> <p><i>(Do a third set of 6–12 movements.)</i> <i>Focus on where you feel it in your body and repeat that word or phrase and follow again.</i></p>
<p>5. Repeat steps 2–4 with two other resources. Then go on to step 6.</p>
<p>6. <i>Focus on all the resources that we found during our session. Notice where you feel them in your body. Repeat the word or phrase for each one.</i> <i>(Add one set of 6–12 movements.)</i> <i>Follow again.</i> <i>What do you notice in your body now?</i></p> <p>_____</p> <p><i>Now, notice these positive feelings as you think of the stressful situation you described at the beginning.</i> <i>(Add one set of 6–12 movements.)</i> <i>Follow again.</i> <i>What do you notice in your body now?</i></p> <p>_____</p> <p><i>Focus on the stressful situation you identified at the beginning. How disturbing does it feel to you right now, from 0 to 10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine?</i> SUD: 0 1 2 3 4 5 6 7 8 9 10</p>
<p>7. At the next session, check on the patient’s ability to cope with the identified stressful situation. Repeat steps 2 to 6, as needed, on this or other target situations.</p>

SUD, Subjective Units of Disturbance.

EXHIBIT B.7

Detailed Procedural Steps and Script for Resource Development and Installation					
<p>Select from the boldface and italicized phrases listed in each step those appropriate for each client.</p> <p style="text-align: center;">Target Situation</p> <p>1A. The clinician should select a target situation from a current situation that triggers maladaptive urges, overwhelming emotion (such as shame, fear, or anger), or depersonalization. This target situation is generally selected using a behavioral chain analysis.</p> <p>It can also be a reprocessed memory that is chronically incomplete.</p> <p>Target situation:</p>					
<p style="text-align: center;">Worst Part</p> <p>1B. <i>As you think about</i> _____ (the target situation), <i>what is the worst part of it now?</i></p> <p>Worst part:</p>					
<p style="text-align: center;">Initial SUD or Level of Urge (LOU) (Optional step)</p> <p>1C. <i>SUD: As you hold that situation in mind, how disturbing does it feel to you now on a scale from 0 to 10, where 0 represents neutral or no disturbance and 10 represents the most disturbing you can imagine?</i></p> <p>OR</p> <p>1D. <i>LOU: As you hold that situation in mind, how strong does that urge feel to you now on a scale from 0 to 10, where 0 represents neutral or no urge and 10 represents the strongest urge you can imagine?</i></p> <p>SUD or LOU level: 0 1 2 3 4 5 6 7 8 9 10</p>					
<p>To identify a resource, select phrases from <i>either</i> 2A, <i>or</i> 2B and 2C, and 2D.</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 50%; padding: 5px;">Identifying a Resource (abstract)</th> <th style="width: 50%; padding: 5px;">Identifying a Resource (concrete)</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;"> <p>2A. <i>When you think about this situation, what qualities or strengths do you need?</i></p> <p>Desired qualities or strengths:</p> </td> <td style="padding: 5px;"> <p>2B. <i>What would you like to be able to do in this situation?</i></p> <p>Desired behavior:</p> <p>2C. <i>What would you like to believe about yourself in this situation?</i></p> <p>Desired belief:</p> <p>2D. <i>What would you like to feel in this situation?</i></p> <p>Desired emotion:</p> </td> </tr> </tbody> </table> <p style="text-align: center; margin-top: 10px;">Select one resource from 2E, 2F, 2G, or 2H at a time and continue to 4F. Then return to the start of step 2 for as many resources as needed until the patient achieves stability. When possible, select resources that will assist both with the current stressful situation and with subsequent reprocessing of etiological experiences.</p> <p style="text-align: center; border-top: 1px dashed black; margin-top: 10px;">Exploring Memories and Images of Resource Experiences</p> <p style="text-align: center;">Mastery Experiences</p> <p>2E. <i>Think of a time when you were able to</i> _____. (Say client's desired behavior or quality.)</p> <p><i>Think of a time when you were able to believe</i> _____. (Say client's desired belief.)</p> <p><i>Think of a time when you felt</i> _____. (Say client's desired emotion.)</p> <p>Mastery Experience:</p>		Identifying a Resource (abstract)	Identifying a Resource (concrete)	<p>2A. <i>When you think about this situation, what qualities or strengths do you need?</i></p> <p>Desired qualities or strengths:</p>	<p>2B. <i>What would you like to be able to do in this situation?</i></p> <p>Desired behavior:</p> <p>2C. <i>What would you like to believe about yourself in this situation?</i></p> <p>Desired belief:</p> <p>2D. <i>What would you like to feel in this situation?</i></p> <p>Desired emotion:</p>
Identifying a Resource (abstract)	Identifying a Resource (concrete)				
<p>2A. <i>When you think about this situation, what qualities or strengths do you need?</i></p> <p>Desired qualities or strengths:</p>	<p>2B. <i>What would you like to be able to do in this situation?</i></p> <p>Desired behavior:</p> <p>2C. <i>What would you like to believe about yourself in this situation?</i></p> <p>Desired belief:</p> <p>2D. <i>What would you like to feel in this situation?</i></p> <p>Desired emotion:</p>				

(continued)

EXHIBIT B.7 (continued)

Detailed Procedural Steps and Script for Resource Development and Installation
<p style="text-align: center;">Relational Resources—Models</p> <p>2F. Think of people in your life who possess or embody this quality. Think of people in the world who can serve as a role model for you. Think of people who made a difference in your life by showing you other choices.</p> <p>Model:</p>
<p>2G. Think of who you would want helping you, coaching you to do what is best for you, to think what is best for you, and helping you to feel _____. (Say client's desired emotion.) Think of any friends, relatives, teachers, caregivers, animals, or pets who encouraged or sustained you? Think of a spiritual guide, someone who gives you hope or strength.</p> <p>Supportive Figure:</p>
<p style="text-align: center;">Metaphors and Symbolic Resources</p> <p>2H. Close your eyes if you'd like (or leave them open if you'd prefer) and allow an image (or symbol) to come to you that would help you to be able to _____ (Say client's desired behavior or quality) or help you to believe _____ (Say client's desired belief) or help you to feel _____ (Say client's desired emotion).</p> <p>Symbol:</p>
<p style="text-align: center;">Resource Development—Accessing More Sensory and Affective Information (Working with one resource memory or image at a time.)</p> <p>3A. As you focus on _____ (i.e., that experience, person, symbol, etc.), what do you see? What do you hear? What do you smell? What sensations do you notice in your body? What emotions do you feel as you focus on this image or memory? Where do you notice these feelings in your body (Write verbatim client's words and phrases.) Images: Sounds: Emotions and Sensations: Location of Sensations:</p>
<p style="text-align: center;">Checking the Ecology and Validity of the Resource (VoR)</p> <p>3B. As you focus on _____ (repeat words for resource image) and notice the _____ (repeat words for resource sounds, smells, sensations, feelings), how do you feel now?</p>
<p style="text-align: center;">Assess the VoR</p> <p>3C. As you focus on the picture that represents the worst part of _____ [the target situation,] how true or helpful do _____ (repeat descriptions of the resource image and feelings) feel to you now from 1, completely false or not helpful, to 7, completely true or helpful? (Initial VoR of 1 is a caution.)</p> <p>VoR: 1 2 3 4 5 6 7</p>
<p style="text-align: center;">Reflecting the Resource</p> <p>3D. Close your eyes if you'd like (or leave them open if you'd prefer) and let yourself be aware of _____ (repeat words for resource image) and notice the _____ (repeat description of resource feelings, sensations, smells, sounds). (Repeat and vary the order of the client's words for the image, sounds, emotions, and sensations.)</p>

(continued)

EXHIBIT B.7 (continued)

Detailed Procedural Steps and Script for Resource Development and Installation
<p style="text-align: center;">Verify the Resource Has Positive Associations or Affects</p> <p>3E. What do you notice or feel now? When the client reports positive feelings and associations, continue to step 4A, Installation. If the client reports negative associations or affect, do not continue with this resource. Instead, start over with another resource.</p>
<p style="text-align: center;">Resource Installation</p> <p>4A. Now, as you continue to focus on _____ (say client's words for the resource image, emotions, and sensations), follow my fingers (or tones, lights, taps). Do the first set of 6–12 movements. Then: What are you feeling or noticing now? _____ Stop bilateral stimulation if the client reports negative associations or affect. Neutralize and set these aside and start over with an alternate resource. With positive responses continue. Do a second set of 6–12 movements. Then: What are you feeling or noticing now? _____ Do a third set of 6–12 movements. Then: What are you feeling or noticing now? _____</p>
<p style="text-align: center;">Linking Verbal or Sensory Cues (Occurs Spontaneously Sometimes)</p> <p style="text-align: center;">Select one or more phrases from 4B, 4C, 4D, or 4E, then add two more sets of stimulation.</p> <p style="text-align: center;">-----</p> <p style="text-align: center;">(For Mastery Experiences)</p> <p>4B. As you focus on that experience (if needed, repeat the client's words of the image, emotions, and sensations), think of the most positive words you can say about yourself now.</p>
<p style="text-align: center;">(For Models)</p> <p>4C. Imagine seeing and hearing _____ (name model person) being as you would most like to be. If you would like to, imagine stepping right into _____'s (name model person) body, so you can see through their eyes and feel how it is to be able to act, feel, and think like that.</p>
<p style="text-align: center;">(For Supportive Figures)</p> <p>4D. Imagine _____ (supportive figure) standing near you and offering you what you need. Imagine that he or she knows exactly what to say to you, exactly what you need to hear. Imagine a reassuring touch in just the way you need it.</p> <p style="text-align: center;">-----</p> <p style="text-align: center;">(For Metaphoric or Symbolic Resources)</p> <p>4E. Imagine seeing _____ (name the symbol). Imagine holding _____ (name the symbol) in your hands. Imagine being surrounded by _____ (name the image or feeling). Breathe in _____ (name the feeling). Notice where you feel the positive feelings in your body.</p>
<p>4F. Continue with two more sets of stimulation as long as processing appears helpful. Do a fourth set of 6–12 movements. Then: What are you feeling or noticing now? _____ _____ Do a fifth set of 6–12 movements. Then: What are you feeling or noticing now? _____ _____</p>
<p style="text-align: center;">Install Additional Resources for the Same or Additional Needed Qualities or Capacities</p> <p>5. Repeat steps 2A to 4F with as many additional resources for the same or other needed qualities or capacities until the patient can successfully complete the Future Template in steps 6A-6I.</p>
<p style="text-align: center;">Future Template</p> <p style="text-align: center;">Select one or more phrases from 6A, 6B, 6C, or 6D, then add two more sets of stimulation.</p> <p>6A. Think about _____ (being able to act, think, or feel as in the resource experience or possessing this quality) in the future as you next face _____ (the target situation).</p>

(continued)

EXHIBIT B.7 (continued)

Detailed Procedural Steps and Script for Resource Development and Installation
<p>(For Mastery Experiences)</p> <p>6B. Imagine being able to act with _____ (name their mastery action) as you remember doing _____ (say client's mastery memory). Imagine thinking _____ (say client's mastery belief). Imagine feeling _____ (say client's mastery emotion) in the future as you next face _____ (the target situation). Select from the boldface and italicised phrases listed in each step those appropriate for each client.</p>
<p>(For Models)</p> <p>6C. Imagine seeing and hearing _____ (say client's model) being as you would most like to be. Or, if you would like to, imagine stepping right into _____'s body, so you can see through their eyes and feel how it is to be able to act, feel, and think like that in the future as you next face _____ (the target situation).</p>
<p>(For Supportive Figures)</p> <p>6D. Imagine feeling connected with _____ (say client's supportive figure) as you face this situation. Notice what that would be like for you. Hear _____ (name supportive person) saying exactly what you need to hear in the future as you next face _____ (the target situation).</p>
<p>(For Symbolic Resources)</p> <p>6E. See and feel your symbol in just the way you need to. Be aware of this symbol in just the way you need to experience it in the future as you next face _____ (the target situation). Continue with two more sets of stimulation as long as processing appears helpful. Do the first set of 6–12 movements on the future template. Then ask: What are you feeling or noticing now? Do a second set of 6–12 movements on the future template. Then ask: What are you feeling or noticing now?</p> <hr/> <p>Checking the Validity of the Resource (VoR):</p> <p>6F. And now as you imagine being in _____ [the target situation], in the future, how true or helpful does _____ (name the resource(s) and self-statement or say the client's words for the image, sensation, feelings) feel to you now from 1, completely false or not helpful, to 7, completely true or helpful? VoR: 1 2 3 4 5 6 7</p>
<p>Repeat for Each Quality or Resource</p> <p>6G. Repeat this process with additional resources until the VoR rises to 6 and the SUD or LOU on the presenting target situation falls to a 5 or lower.</p>
<p>Repeat for each quality or resource</p> <p>SUD or LOU</p> <p>6H. And now as you think of _____ (name each of the installed resources) and imagine being in _____ [the target situation] in the future, how disturbing does it feel to you now on a scale from 0 to 10, where 0 represents neutral or no disturbance and 10 represents the most disturbing you can imagine? OR 6I. And now as you think of _____ (name each of the installed resources) and imagine being in _____ [the target situation] in the future, how strong does that urge feel to you now on a scale from 0 to 10, where 0 represents neutral or no urge and 10 represents the strongest urge you can imagine? SUD or LOU level: 0 1 2 3 4 5 6 7 8 9 10</p>
<p>Verify stability in the target situation with feedback from patient log</p> <p>7. Review the patient's log to verify the patient is now able to cope adequately with the target situation without giving in to maladaptive urges, overwhelming emotion, depersonalization, or is now able to successfully reprocess a previously, chronically, incompletely reprocessed memory.</p>

LOU, Level of Urge; SUD, Subjective Units of Disturbance.

Using Resource Development and Installation to strengthen new identity

1. Think about the issue(s) or situation(s) you initially identified that you wanted to address with EMDR:

How disturbing does it feel to you right now, from 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine?

SUD: 0 1 2 3 4 5 6 7 8 9 10

2. Think about the gains you have made over this series of EMDR sessions. What resources and capacities have you discovered or reconnected with that now give you a new sense of self or ability to cope:

(Identify up to three of these if possible (on lines a, b, and c below). It is fine to just identify one initially and go through step 4. Then return to identify a second resource, and later return to this step to identify a third.)

- a. _____
- b. _____
- c. _____

Describe a symbolic image, or a mastery experience or a relational moment in your life when you experienced that resource, skill or strength.

- a. _____
- b. _____
- c. _____

3. What image best represents this situation or the resource you found?

- a. _____
- b. _____
- c. _____

Where do you feel it in your body?

- a. _____
- b. _____
- c. _____

4. Now focus on the image and notice where you are feeling in your body. Then follow my fingers (lights, taps or tones).

(Add one set of 6 to 12 movements.)

What do you notice in your body now?

- a. _____
- b. _____
- c. _____

(If the experience stays positive or gets stronger, do a second set of 6 to 12 movements.)

Stay with that and follow again.

What do you notice in your body now?

- a. _____
- b. _____
- c. _____

Tell me a word or phrase that can help identify this resource.

- a. _____
- b. _____
- c. _____

(Do a third set of 6 to 12 movements.)

Focus on where you feel it in your body and repeat that word or phrase and follow again.

5. Repeat steps 2-4 with the other two resources. Then go on to step 6.

6. *Focus on all the resources that we found during our session. Notice where you feel them in your body. Repeat the word or phrase for each one.*

(Add one set of 6 to 12 movements.)

Follow again.

What do you notice in your body now?

Now, notice these positive feelings as you think about coping in the future with the situation(s) or issue(s) you identified at the beginning. (Add one set of 6 to 12 movements.)

Follow again.

What do you feel or notice now?

Focus on the situation(s) or issue(s) you identified at the beginning. How disturbing does it feel to you right now, from 0 to 10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine?

SUD: 0 1 2 3 4 5 6 7 8 9 10

7. *Take a few moments to realize and appreciate that these resources and capacities are now part of who you are, and that you will take them with you when you leave this setting. See and feel them merging into who you are. (Add one set of 6 to 12 movements.)*

Follow again.

What do you feel or notice now?
