EYE MOVEMENT DESENSITIZATION (EMD) FOR UNLINKING EMOTIONAL RESPONSES

- Educate the importance of emotions and discuss how there are no negative emotions. Explain how emotions help us know who we are and how to make decisions. It is what we do or how we act that can be a problem with some emotions.
- Provide a list of emotions and review them all.
- Teach how to determine emotions by identifying body sensations and observing their own behavior.
- Explain how emotions “ebb and flow just like a river and you are in a raft riding the rapids and going with the flow”.
- Teach the client how to “dip their finger in the water” to know how they are feeling by asking: “What am I feeling?”, “What am I needing/wanting?”
- Ask what emotions they are struggling the most with currently and make a list of those emotions.
- Rate them by priority, which one is the biggest problem to them, which one is the least. Then list the emotions: one, two, three, four, etc. (with one being the smallest problem).
- Discuss how emotions can get linked (connected or attached) with certain situations, thoughts or body sensations that might not be healthy or productive.
- Show them how to identify emotions as a body sensation by using a simple visualization asking them to close their eyes and think of an emotion, remember a situation where they felt that emotion and notice where they feel that in their body now.
- Tell them with EMD we are going to desensitize, unlink or help regulate problem/difficult emotions.
- Describe how EMD will help unlink/desensitize emotions from difficult situations or uncomfortable body sensations. Explain how this will help them calm themselves and help them control their behaviors.
- Choose the least difficult or disturbing emotion to work with first.
• Draw a line on a large piece of paper with numbers from one to ten as a measurement scale for Subjective Units of Disturbance (SUD).

• Write the emotion to be processed on the top of the page. Write the mildest version of that emotion with a real life example above the number one; add other experiences of that emotion as it relates to each level of disturbance on the scale. Next, write down examples of emotions/incidents that are increasing in the SUD from the least disturbing to the most extreme approaching number ten.

• Write the Negative Cognition (NC) and Positive Cognition (PC) associated with each emotion/incident.

• Choose the least disturbing first to reprocess with EMD.

• Do a Future Template with each emotion/experience that has been reprocessed and have the client imagine how to handle that emotion/incident in the future.

• Once that emotion/incident is down to a disturbance level of zero move to reprocess the next highest SUD related to an emotion/incident until each experience on the measurement scale is addressed.

• After all of the emotions/incidents on the scale are reprocessed, create a scale for another emotion that needs to be regulated through reprocessing.