

EMD
Document Created by Nikolaus Johnson, LPC-S, RPT-S, EMDR Consultant
Technique by FrancineShapiro

EMD

1. "When you think about the event, what part of it do you feel like you can handle today"

(Write in the aspect of the event)

"When you think about (The chosen aspect of the event), how distressing does it feel now from a scale of 0, which does not bother you at all, to 10 which is the worst thing you can imagine?" _____

(write in number)

2. "Focus on (The chosen aspect of the event) and follow my fingers"

Provide 10-20 passes.

"Take a deep breath, 0-10, how much does it bother you now?"

Repeat step two until SUDs of zero is reached.