

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **Abbreviated Resource Installation for EMDR Psychotherapy**

### **Installing a mastery experience as a resource:**

*Tell me about something good that happened to you since our last session and/or something that made you feel really proud of yourself.*

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*When you think about what happened, what picture or image represents the best part of what happened?*\_\_\_\_\_

*When you think about that, what's your best thought you could say about yourself right now?*

*Or, what's the positive thought about you right now?*

\_\_\_\_\_

*When you think about what happened, what feeling/emotion do you get?*

\_\_\_\_\_

*Where do you notice that feeling in your body?*\_\_\_\_\_

*Now think about that thing that happened, the \_\_\_\_\_ (positive belief) about yourself, the feeling of \_\_\_\_\_ you get that you notice \_\_\_\_\_ (body sensation) and do a set of BLS (2-4 no more).*

*What do you notice now?*\_\_\_\_\_

\_\_\_\_\_

*Continue with slow short sets of BLS several more times just checking the resource.*

\_\_\_\_\_

*If I wanted to remind you of this experience in the future, what word or phrase should I use to remind you of this?*\_\_\_\_\_

*Now say that word and notice what happens. Add a set of BLS. What do you get now?*

\_\_\_\_\_

*Now imagine yourself successfully using the resource \_\_\_\_\_ (Cue word) in the future to help when you need it. What do you notice?*\_\_\_\_\_

*Remember if you ever need a resource to help you, all you have to do is take some deep breaths and say the word \_\_\_\_\_ (Cue word) and notice how you feel.*

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## **Abbreviated Installation for EMDR Psychotherapy**

### **Installing a important person as a resource:**

*Tell me about someone who helps you feel better in your life. Someone who could be good resource for you. This person can be real or imaginary. This could even be someone who was important to you who is no longer in your life.*

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*When you think about this person, what picture or image do you get?*

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*When you think of this person, what's your best thought you could say about yourself right now?* \_\_\_\_\_

*Or, what's the positive thought about you right now?*

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*When you think about what person, what feeling/emotion do you get?*

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*Where do you notice that feeling in your body?* \_\_\_\_\_

*Now think about this person, the \_\_\_\_\_ (positive belief) about yourself, the feeling of \_\_\_\_\_ you get, and where you notice that in your \_\_\_\_\_ (body sensation).*

*Therapist adds a set of slow short BLS (2-4 no more).* \_\_\_\_\_

*What do you notice now?* \_\_\_\_\_

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*Continue with slow short sets of BLS several more times just checking the resource. What do you notice now?* \_\_\_\_\_

*If I wanted to remind you of this experience in the future, what word or phrase should I use to remind you of this?* \_\_\_\_\_

*Now say that word and notice what happens. Add a set of BLS. What do you get now?*

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## **Abbreviated Resource Installation for EMDR Psychotherapy**

### **Installing a metaphor or symbol as a resource:**

*Have you ever had a saying or a symbol that matters a lot to you? Something like a cross or a heart or some symbol? Or maybe a saying you like that helps you feel better*

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*When you think about that \_\_\_\_\_ (metaphor or symbol), what picture or image do you notice? \_\_\_\_\_*

*When you think about that \_\_\_\_\_ (metaphor or symbol), what's your best thought you could say about yourself right now? Or, what's the positive thought about you right now?*

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*When you think about that \_\_\_\_\_ (metaphor or symbol, what feeling/emotion do you get? \_\_\_\_\_*

*Where do you notice that feeling in your body? \_\_\_\_\_*

*Now think about that thing that \_\_\_\_\_ (metaphor or symbol), the \_\_\_\_\_ (positive belief) about yourself, and the feeling of \_\_\_\_\_ you get that you notice in \_\_\_\_\_ (body sensation).*

Therapist does a short set of slow BLS (2-4 no more). \_\_\_\_\_

*What do you notice now? \_\_\_\_\_*

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Continue with slow short sets of BLS several more times just checking the resource.

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*If I wanted to remind you of this experience in the future, what word or phrase should I use to remind you of this? \_\_\_\_\_*

*Now say that word and notice what happens. Add a set of BLS. What do you get now?*

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