DANDELION HEARTS

Shapiro's EMDR 8 Phase Protocol

Initial Framework:
Presenting Issues/Symptoms: Maladaptively stored memories

Adaptive Information Processing Model:
Past Experiences: Original traumatic/difficult memories
Present Triggers: Current situations causing distress
Future Templates: Anticipated challenges and desired outcomes

8 Phase EMDR Treatment Protocol

1. History & Treatment Planning

- Client history gathering.
- Assess for symptom reduction vs. comprehensive treatment.
- Check Treatment Selection Criteria (TSP)

2. Preparation of Informed consent

- Resource development.
- Safe place installation.
- Verify client stability.
  Assess affect tolerance.
- Ensure adequate coping resources.

3. Assessment & Access

- Target memory identification
- Baseline measures
- Check TSP
- Evaluate need for additional skills
- Define desired outcomes
- Review problem-solving situations

4. Reprocessing with BLS

- Bilateral stimulation
- Processing of target memory
- Monitor until SUD
- Verify VOC = 7
- Track changes in cognition/affect

5. Installation of PC

- Strengthen positive cognition
- Link to original incident

• Ensure positive cognition feels true
• Verify integration with memory

6. Body Scan
• Physical response check
• Process remaining sensations
• Confirm body is clear of tension
• Check if time remains for next target
• Review TSP for target sequence |

7. Closure
• Session completion
• Stabilization

If Incomplete:
• Contain and stabilise

If Complete:
• Debrief and log progress

8. Re-evaluation

Single Session:	TICES check, Process dreams
All Sessions:	Review entire treatment progress • Assess maintenance of gains • Identify new targets • Evaluate overall progress |

Important Notes
- Feeder memories and blocking beliefs may emerge during any of the three prongs (Past, Present, or Future)
- Treatment Selection Criteria (TSP) should be monitored throughout the process
- Flexibility in approach based on client needs and response
- Continuous assessment of stability and progress

Key Abbreviations
- *TSP: Treatment Selection Protocol*
- *SUD: Subjective Units of Disturbance*
- *VOC: Validity of Cognition*
- *PC: Positive Cognition*
- *BLS: Bilateral Stimulation*
- *TICES: Triggers, Images, Cognitions, Emotions, Sensations*