

Targeting Sequence Planning (Phases 3-7)
Variations of Language for Use with Children
(adapted from Shapiro's 8-Phase Protocol by Rutti, 2019)

Flight Plan

- Establish BLS/DAS
- Establish or review stop sign

Phase 3: Assessment

Target (specific memory or event)

- *We have talked about several different memories and situations when you had that mixed-up thought _____.*
 - Memory identification (variations):
 - *Which memory would you like to work on today?*
 - *Which memory feels the yuckiest today?*
 - *Which memory should we start working on first?*

Image or worst part:

- Identification of image or worst part (variations)
 - *If you could take a picture of the worst part of that memory, what would it look like?*
 - *If you were watching the memory like a movie and you could press the pause button/take a screen shot at the worst part of that memory, what would the screen look like?*
 - *Can you draw me a picture of the worst part of that memory?*
 - *Can you show me the worst part of that memory in the sand tray?*

Negative Cognition: *When you think about that picture (or worst part), what is the mixed-up thought that you believe about yourself now? I am....*

Positive Cognition: *When you think about that picture (or worst part), what would you rather believe about yourself now? I am....*

Validity of Cognition (VOC): *As you sit here in my office today and think back on that memory, how true do those words _____ feel?*

- Language variations for VOC identification:
 - *With 1 being not true at all and 7 being all the way true*
 - *Not true at all; a little bit true; or really, really true?*
 - *(Thumbs down) that's not true; (thumb in the middle) I'm not so sure; (thumbs up) that is very true!*

Emotions:

- Feeling identification (language variations)
- *What kind of feelings do you have when you think about that picture (or worst part) and that mixed-up thought _____?*
- *Can you show me the feelings that you have when you think about that picture (or worst part) and that mixed-up thought _____?*
- *Think about that picture (or worst part) and the mixed-up thought _____. What kind of feelings are you having?*

Subjective Units of Disturbance (SUDs)

- SUDS rating (language variations):
 - *How distressing does it feel when you bring up that picture (or worst part), the mixed-up thought, and the feelings all together if 0 is no distress or neutral, and 10 feels the worst?*
 - *How upset does it make you feel when you bring up that picture (or worst part), the mixed-up thought, and your feelings? 0 not at all or 10 that is the worst I can imagine?*
 - *How yucky does it feel to think about that picture (or worst part), the mixed-up thought, and the feelings all together if 0 is not at all and 10 is the worst?*
 - *Can you show me how upset you feel when you think about that picture (or worst part), the mixed-up thought, and your feelings? (use visual SUD scale or hand measurements)*

Body Sensations:

- Body sensation identification (language variations)
 - *What do you feel in your body when you think about the picture (or worst part), the mixed-up thought, and your feelings?*
 - *Bring up that picture (or worst part), the mixed-up thought, and your feelings. Scan your body from head to toe. What are you noticing?*
 - *Bring up that picture (or worst part), the mixed-up thought, and your feelings. Use the feelings detector: what are you noticing in your body?*

Phase 4: Desensitization

Now in a moment, we are going to start thinking about the memory while I do eye movements/tapping/buzzies/tappers. While I am moving my fingers/tapping/turn on the buzzies/tappers, I just want you to notice whatever comes up. It may be thoughts, feelings, memories, pictures. Let whatever needs to come up come up. There's no wrong answers. When I stop, I'll have you take a deep breath and tell/show me what you are noticing.

Now, bring up that picture (or worst part), that mixed-up thought _____, your feelings and anything you feel in your body. Let whatever come up that needs to come up as I start the eye movements/tapping/buzzies/tappers.

- After 24-36 passes of DAS/BLS: *Take a deep breath; let it go. What are you noticing/what came up?*
 - Client can share verbally, draw a picture, or create/change the scene in the sand tray
- After they tell/show you what came up: *Notice that; Go with that*
- Next set of BLS/DAS, and continue to repeat the process

When to check the SUDS:

- After approximately 3 positive or adaptive responses
- If the client seems distracted or far off target
- *When you think about that picture (or worst part) again, how upset does it make you feel, if 0 is not at all and 10 feels the worst (additional language variations in SUDs section above)*

If the SUDS is not a 0:

- *What keeps it from being a 0?*
- (Response)
- *Go with that* (continue BLS/DAS until SUDS is a 0 or as close as possible)

Phase 5: Installation

When you bring up that picture (or worst part), do you still want to believe (PC) or is there another thought you would rather have?

Sitting in my office right now and thinking back on that picture (or worst part), how true does it feel that _____, if 1 is not true at all and 7 is all the way true? (additional language variations in VOC section above)

If the VOC is not a 7: What keeps it from being a 7/all the way true?

(Response)

Notice that/go with that

Continue processing until VOC is a 7 or as close as possible

If the VOC is a 7: Now hold those positive/happy words _____ together with that picture (or worst part) as I start the eye movements/tapping/buzzies/tappers. (Complete two or more sets of fast DAS/BLS, checking in between each set)

Phase 6: Body Scan

- Language variations:
 - *Scan your body from head to toe, what are you noticing?*
 - *Use the feelings detector from your head all the way to your feet. What is happening/what are you noticing/what are you feeling?*
 - *Are you feeling anything in your body now?*
- *If the body scan is not clear: Notice what you are feeling in your body (continue sets of BLS/DAS until the body scan is clear or as clear as possible)*
- *If the body scan is clear: Notice how your body feels now and bring up that picture (or worst part) (Do at least two sets of fast DAS/BLS, checking in between each set)*

Phase 7: Closure

You did it! We cleared up the memory. How are you feeling now? What was that like for you? After you leave today, you may notice that you have some more feelings or thoughts about the memory. You may even notice that things start to feel hard again when you think about it. That is all normal. Your brain continues to do the work for you even after you leave. When you come back again, we will check on the memory and see how it feels. We may need to do a little more work next time, or maybe it will still feel much better. Do you remember some of the things we have learned and practiced for what to do when we start to have mixed-up feelings or remember yucky memories? Which of those things do you think you can use? Do you want to practice any of them now?

- Complete a containment/grounding strategy
- Close with non-directive play of child's choice
- Check-in with client about what they would like to share with their caregiver about the session
- Review safety plan if applicable