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MY EMDR MÉMO

ADAPTIVE INFORMATION PROCESSING MODEL (AIP)

Foundation of pathologies: Unprocessed physiologically stored memories of life experiences.

Definition of Trauma: Any life experience that has a negative ongoing impact on a person's life.

Therapy goal: Accessing and reprocessing physiologically stored memories of life experiences, triggers and encoding future templates.

Memory is composed of: Sensory information (smell, image, sound, taste and touch), cognitions, emotions and body sensations.

EMDR is a 3 stage therapy model:

1. Past
2. Present
3. Future

EMDR therapy explores 3 themes:

1. Responsibility:
 - 1.1. Culpability: ex: NC: I am guilty / PC: I am innocent
 - 1.2. Self-esteem: ex: NC: I am worthless / PC: I am worthy
2. Safety: ex: NC: I am in danger / PC: I am safe
3. Choice: ex: NC: I have no choices / PC: I am free

EMDR is an 8 phases' therapy model:

1. History taking (case conceptualization, identify targets, target and treatment plan)
2. Preparation (resources, explanation of AIP model, metaphors, stop signal, teaching the mechanics)
3. Assessment (accessing and activating)
4. Desensitization (reprocessing)
5. Installation (installation of the PC, reprocessing)
6. Body scan (clear remaining negative body sensations, reprocessing)
7. Closure (ending the session in safety)
8. Re-evaluation (checking the impact of the work done on the target previously and reprocessing if more work is needed)

Phase 3, « assessment », has 7 steps of information gathering:

1. Image: sensory part of the « departure station »
2. Negative Cognition: cognitive part of the « departure station »
3. Positive Cognition: desired « arrival station »
4. VOC: measure of the validity of the positive cognition
5. Emotion: emotional part of the « departure station »
6. SUD: Subjective Unit of Disturbance
7. Location of disturbing body sensation: body part of the « departure station »

You start processing phase 4, « desensitization », from the « departure station » with:

1. Sensory image
2. Negative cognition
3. Disturbing body sensation

Dual attention (necessary for reprocessing) focuses the client on:

- ➔ Here and now
- ➔ There and then

You do rapid eye movement or alternative bilateral stimulation during:

- ➔ Phase 4: Desensitization
- ➔ Phase 5: Installation of the positive cognition
- ➔ Phase 6: Body scan
- ➔ Phase 8: Re-evaluation (if more work is needed)

Arrival EMDR station: SUDs 0, VOC 7, clear BODY scan

