

What does a trauma processing session look like?

1. Regulation and Bilateral/Scant Selection (5m)
2. Prayer and Invitation for Holy Spirit to Guide, Protect, and Maintain Clarity without Distractions
3. Memory Selection with Episode Worksheet Setup
4. Window Selection and Processing to SUDS of 2-3 with return to target using BSP until return does not go above 4 (this can be as many sessions as necessary)
 - a. Use of resource from positive belief and pendulation if activation is too high with original memory
5. Set up full scene protocol as movie
6. Standard EMDR with focus on somatic reactions and then AIP with cognitions (still emphasizing no need to talk)
7. SUDS to 1-2 and then fragments/pile
8. Present Pile to God through prayer/petition/thanksgiving and leave at His feet in whatever way seems appropriate
9. (forgetting what is behind) walking away to press on
10. Envision crossing over to Whatever Land using bridge, parted river, walking on water with Jesus or anything that helps you to notice transition to positive from negative beliefs
11. What Positive Belief can replace the Negative Cognition (NC) created by trauma
12. Find the Brainspot for that positive belief
13. Asking God increase and inform whatever is true, noble, right, pure, etc in light of overcoming processed trauma and then installing these ideas from present. Noting other times in past when the belief as been strong and authentically tied to experiences. Stronger install with EMDR protocol.
14. Body Scan
15. Review and prayer to end session