



Resourcing Getting Started

During EMDR processing we build a bridge between the negative neural network that a client gets stuck in when activated, and the positive neural network with the adaptive information.

Some clients especially those with attachment wounds did not develop a deep rich positive neural network. We want to take any opportunity in make connections in the positive neural network whenever we can. We may need to start with external resources, but want to identify build on any internal resources when we can. There is no such thing as a failed resource there is only information to be gained. Dipping your toe in resourcing is an excellent way to start.

You can use slow BLS added where appropriate – building their association and offering a take home tool.

Safe/healing Place

A client who is not able to tolerate a feeling of relaxation is letting you know, this is not a safe feeling state for them. You could try building a natural place, or installing a feeling of neutrality.

Container Exercise

This gives the client options when it comes to a trauma response. They are learning to ask is this helpful for me in this moment. Can I contain this for later when I am better supported and able to co-regulate with someone else. Its helpful to refer to the container regularly that you can work through anything that the client contains, when appropriate in session, so it's not a forgotten land. Be creative this could be a potting shed or a recycling pile, it could be music or a drawing.

Nurturing Figure

This figure may take some time to develop and build on depending on their trauma history. Often this needs to start with words and demonstrations from the therapist. They can start by spotting nurturing words on a TV show or when out in the shopping centre if they struggle with this.

Protective Figure

For clients who were not kept safe this figure may be a foreign concept. Some clients with low self-worth may not think they are worth keeping safe. This may need to start with words from the therapist. Animals like bears and tigers, could help with a feeling of protection.

The Animal Resource

Animals offer unconditional positive regard. They love us unconditionally, many clients found comfort in pets in childhood. Keep your eyes out for grief and loss that may come with some animals.

Stacking the Deck.

Stacking the deck refers to getting the client to identify memories from the positive neural network before processing. These are experiences in contrast to what you plan on processing They could make a list, or come up with these in session.