



What to use when – A quick reference guide to EMDR protocols

Standard Protocol – This protocol is the default choice, unless there are other factors which lead you to choose a different intervention or protocol. If in doubt use standard protocol

CIPOS – This protocol is can be useful for dissociative clients who tend to lose dual awareness.

Flash Technique – This procedure can be helpful for clients with a high SUDS, who might be fearful of processing or are likely to get flooded during processing. Flash can be a good “get some runs on the board” technique.

DeTur – This protocol can be used for addictive behaviours, such as working too much. DeTur can also be used first If these behaviours are getting in the way of processing trauma or if they are the priority of therapy.

EMDr or EMD – These 2 protocols can be used when a client only wants to work on one event, or are fearful of the processing generalising to multiple events.

Recent Events Protocol – This can be used for client who wish to target an event which happened in the last 3 months.

Flash Forwards – This is for clients who want to target a future focused anticipated catastrophic fear. Flash forwards is a part of the present prong targeting present anxiety

Level of Urge to Avoid (LOUA) - This protocol is useful in cases where the client expresses a strong wish to engage in trauma work but simultaneously has strong urges to avoid.

Blind to Therapist Protocol – Some clients are unwilling or do not want to share all details of a trauma due to excessive guilt or shame, or want to avoid vicarious trauma. We do not need to know all the details for processing to be effective.

Future Template - The future template is the third prong of EMDR. We should do future templates after the past and the present prong. However, is an effective resourcing tool and can at times be used before the first two prong.

Ask your consultant for further information on any of these protocols