

EMDR BELIEF SCHEMA–FOCUSED HISTORY

Presenting Problem (EMDR Reprocessing Specific):

“Tell me what problem or situation you’d like to address?”

“Tell me a little more about it.”

Ask questions such as...

“Who was involved?”

“When did it start?”

“When does it happen?”

“What is it about it that’s upsetting to you?”

Present Triggers

“Tell me about a recent situation when this happened?”

“What represents the worst part of this situation? (This could be represented by a picture, sound, smell, emotion, sensation, etc.)

“As you think of that situation, what are you noticing in your body?”

Negative Core Belief

“As you think of that incident and what you are feeling in your body, what words best describe your negative belief about yourself?”

Past (Use direct questioning, float back, and/or affect scan to identify the earliest incident [touchstone event]).

“Focus on the sensations you are experiencing and that negative belief and allow yourself to float back (or scan back) to an earlier time when those thoughts were experienced. What memory comes up?”

Additional questioning / float back / affect scans may be needed to identify the earliest experience the client is able to recall (touchstone*).

CAUTION: Repeated eliciting of strong emotions and physical sensations may over-access and activate memory networks and flood the client.

“Any earlier?”

If the client does not spontaneously mention family of origin or early childhood, ask:

“Any situations as a child with either of your parents, your siblings, your school?”

***Touchstone:** Record below the earliest recalled experience identified above:

Positive Cognition (as the client thinks of the touchstone)

“As you think of the earliest (or worst) incident, how would you like to think about yourself?”

Future Triggers

“As you think of your present problem, tell me some times when something like that may happen in the future?”

Adaptive outcome: “How would you like to see yourself handling these situations?”
