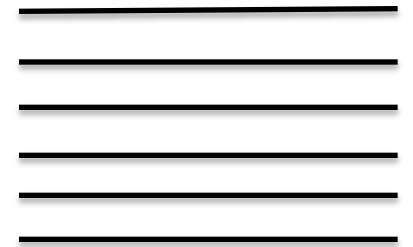
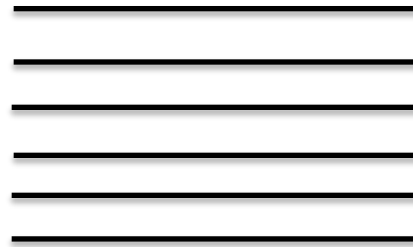
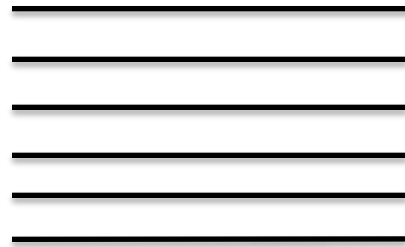
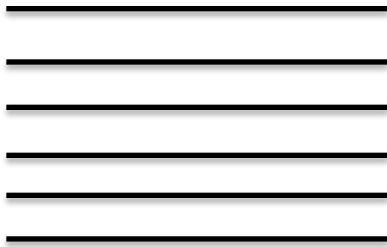


# Visual Assessment Tool for the EMDR Recent Event Protocol

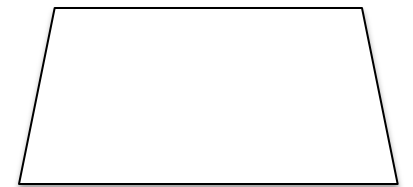
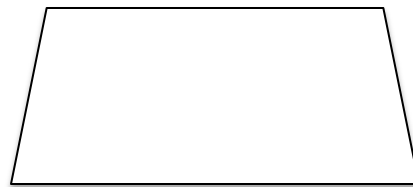
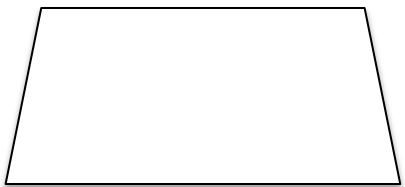
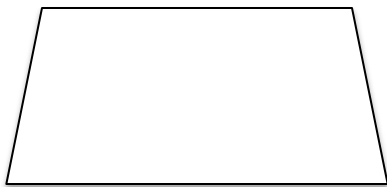
Image



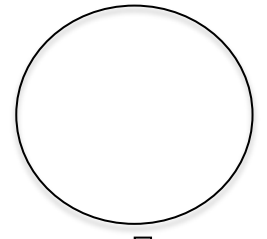
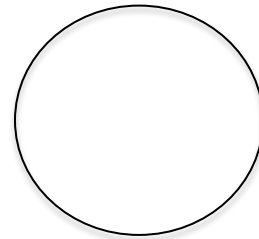
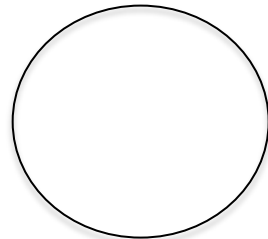
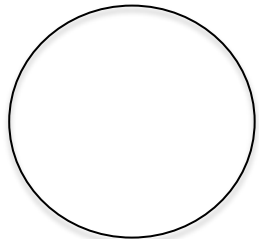
Narrative



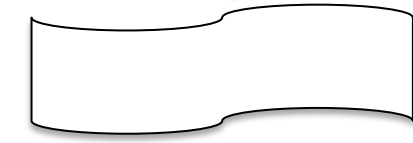
Negative Cognition

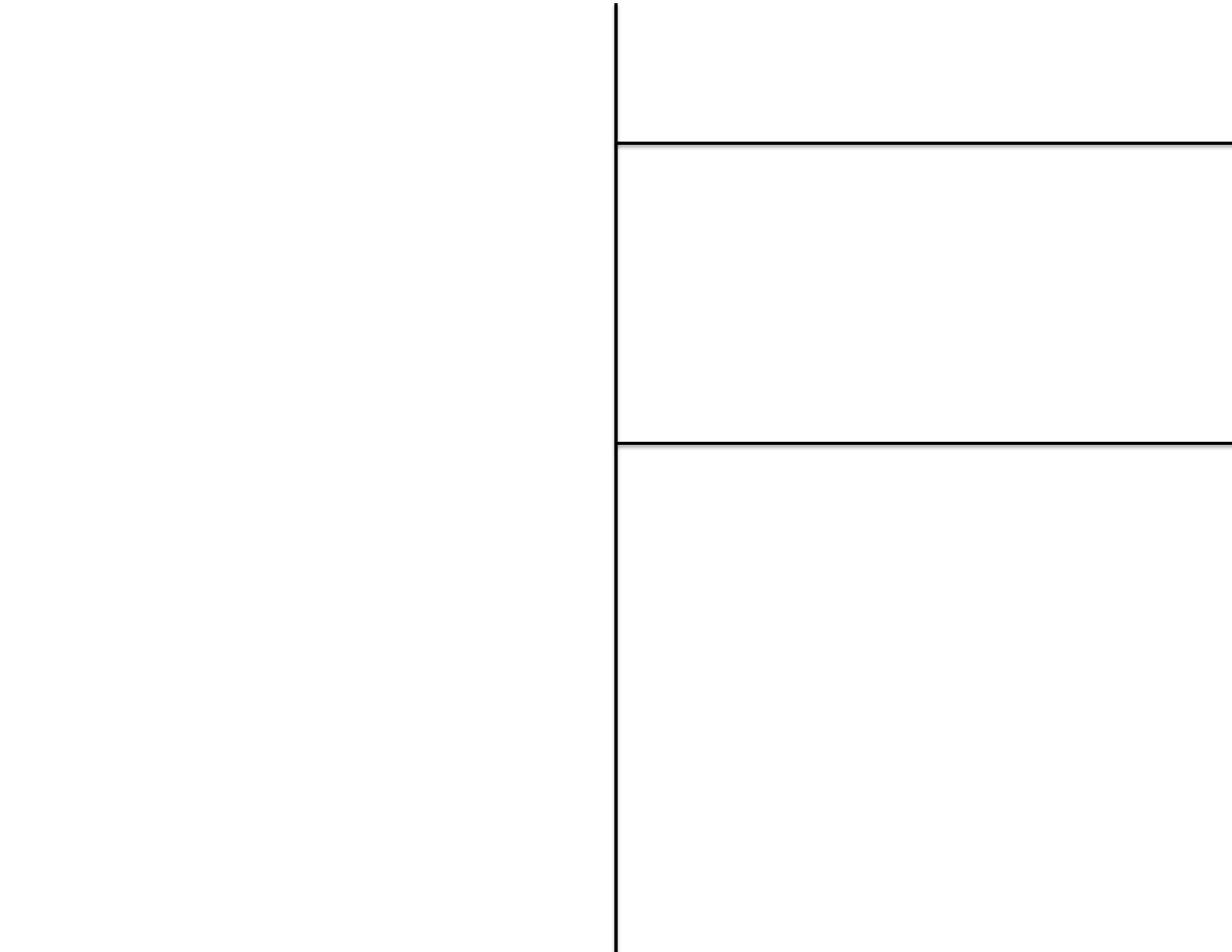


Subjective  
Units of Disturbance



Body Sensation





# Trauma Treatment Associates

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## The Three Steps of the Quick Coherence Technique in Heart Math

- 1) **Heart Focus:** The First Step is to focus your attention in the area around your heart and close your eyes. You can place your hand over your heart to help. Just notice this area.....picture, visualize or imagine.
- 2) **Heart Breathing:** The Second Step is to pretend/imagine you are breathing through your heart area. Breathe slowly, deeply and gently until your breathing feels smooth and balanced. Follow the stream of air in and out of your heart. Do this for about one minute.
- 3) **Heart Feeling:** The Third Step involves developing a positive feeling and focusing on something that you are grateful for in your life. Continue to breathe through the area of your heart and find a positive feeling, like appreciation for someone or something. You can recall a time when you felt appreciation or care and re-experience that feeling. Once you have found that positive feeling – sustain this feeling by continuing heart focus, heart breathing and heart feeling. Continue for 2- 3 minutes. Count from to “zero to ten” and then have the clients open their eyes. This allows them to “come back to the room,“ as many will experience a deep relaxation. Talk to them about the experience and how it felt. Decide if you want to strengthen with bi-lateral stimulation.
- 4) **If desired** add EMDR bi-lateral stimulation and follow the end of EMDR Safe Place Protocol, from the Part I Manual. This will enhance the Heart Math experience.

**Note:** It is often helpful to have the client find what they are grateful for in their lives, before you start the Heart Math script. This gives them time, with your help to discover it and they are less likely to struggle with the concept during the Heart Math exercise.

Reference: Institute of Heart Math, [www.heartmath.com](http://www.heartmath.com)

## EMDR Specialty Training

Using The Recent Event Protocol with  
Homicide Survivors & Victims of other  
Violent Crimes

Donald F. deGraffenried, LCSW

Amherst EMDRIA Conference  
Saturday, April 8, 2017

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## FBI Statistics about Homicide:

- An estimated 16,692 persons were murdered nationwide in 2005.
- 10% of murder victims were under the age of 18
- 34% were between the ages of 20-29;
- 20% were 30-39;
- 14% were aged 40-49;
- 9% were between 50-64;
- 4% were over the age of 65 (Federal Bureau of Investigation, 2006).

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The Petit Family: William Jennifer, Haley & Michaela  
Home Invasion, Cheshire, CT



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## Community Homicides

- Chicago, Illinois
  - 2016
    - 762 homicides
- 3,500 shooting incidents
- 4,331 shooting victims
- 8,300 guns recovered

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## Homicide and Domestic Terrorism

- Sandy Hook, CT
- San Bernardino, CA
- Orlando, FL
- Oklahoma City, Ok
- Una Bomber, National
- Boston Marathon, MA
- Olympic Park Bombing, Atlanta, GA

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## Survivor Reactions:

- Shock, disbelief, numbness
- Fear, anxiety
- Need to “guard”, vulnerability
- Rage towards the offender
- Acute stress, PTSD
- Painful images, negative cognitions, strong emotions & physical reactions – “holographic field”

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## EMDR Treatment Process:

- Establish “safe place”
- Presenting issue or memory
- Picture of the event
- Negative cognition
- Positive cognition
- Validity of cognition “1 to 7 scale”
- Emotions/feelings
- Subjective units of disturbance “0 to 10” scale
- Location of body sensation

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## Support and more support....

- A high degree of verbal support....



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## Visual Assessment Tool

- Helpful in organizing trauma information
- Helps to focus the process
- Can support keeping the target development/target sequencing to one session
- Gives progress feedback to client

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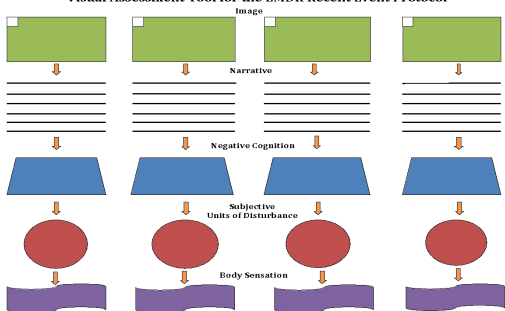
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Visual Assessment Tool for the EMDR Recent Event Protocol



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## REP – Triggers and Future Template

- Ask for the description of any triggers, take a SUDS only and place each one in a circle.
- Ask for one Future Template in reference to the incident. Introduce the concept and get some basic descriptors.

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## EMDR Recent Event Protocol

- Designed to treat a traumatic event that has occurred within 90 days
- Event specific and focused
- Identification of multiple events or “postcards” within the trauma
- Uses the Subjective Units of Disturbance Scale, “0 to 10” to identify the level of client distress
- Single Incident Trauma can be effectively treated in 4-7 treatment sessions

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## Recent Event Protocol:

- Take a narrative history of the event
- Identify beginning ,middle and end of the event
- Using SUDs scale for each event “0 to 10”
- Treat the first or the worst “postcard”
- Then follow in chronological order
- Body scan is only done at the end

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## Targeting the Frame or Postcard

- Target first or worst "postcard"
- Target remainder in chronological order
- Have client visualize the entire sequence of the event with eyes closed and reprocess
- Repeat until the entire sequence can be visualized from start to finish without distress

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## Continued:

- Have client visualize the event from start to finish, with eyes open and install the representative positive cognition – extended installation phase
- Additional check – review the entire event with eyes closed with the PC to ensure the VOC is at 7 for the entire event. If not, target that part of the memory until the VOC is 7

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## Practicum with VAT: "The Voice of the Survivor"

- Office invasion: "I am not going to die today."
- Affect management tools in place.
- Complete in one session.
- Ask about triggers.
- Review with client – give feedback.
- Choices – empowerment.

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## Body Scan

- The scan of the body is done after the last "postcard", "frame" has been reprocessed and the additional check has been completed.

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## Triggers & Future Template

- Reprocess all present triggers.
- Apply a future template of desired response(s) for future scenarios.

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## Publications available for purchase today:

- **The Visual Assessment Tool:**  
A laminated card with the Visual Assessment Tool and the Recent Event Protocol.
- **The Enhanced Safe Place:**  
A detailed script for practitioners.

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Questions? Consultation?

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