

# DOCUMENTING PROGRAM CONTENT & TIMELINE

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Applicants should provide an outline of the program content that clarifies how the learning objectives will be met and the amount of time that will be spent on these areas. The program content should be broken down into 30 minute or 60 minute long segments including any breaks and/or lunch, if applicable.

## How to Summarize or Outline Learning Objectives

The following are examples of how one objective could be summarized or outlined. You will note that there are a variety of ways to meet this requirement. Generally the content is provided simply by writing a summary statement (often a paragraph or two) of the information that supports or “answers” the objective, or by outlining or listing the material. If the content is provided by referencing a specific article, text (other than Shapiro, 2001) or handout, a copy of the relevant portion should be included with your application.

1. **Objective:** Describe how to use EMDR with Recent Traumas
2. **Content (60 minutes):** The content to support your objective can be provided in a variety of ways – use the format that you feel is most appropriate for your materials:
  - a. Content from a simple summary of material to be presented:

When using the Recent Events Protocol, each unconsolidated aspect of the memory narrative is identified. The worst part of the memory is assessed (phase 3), and then processed using desensitization and installation. The remaining unconsolidated memories of the event are then, in chronological order, assessed and processed in the same way. The entire memory sequence is then visualized and any remaining disturbance is processed to 0, with installation of the PC to 7 and completed with the body scan. Participants are reminded of the 3 prong approach: processing present triggers and installation of future template should also be completed when working with recent traumas.

**OR**

- b. Content from outline of material to be presented:

The Recent Events Protocol includes:

- I. Providing a narrative of the entire event;
- II. Identifying within that narrative each disturbing component of the entire experience – which will be processed individually;
- III. Identifying the most disturbing part of the entire experience, and assessing as a separate target with its own Im/NC/PC/VoC/affect/SUD/sensation;
- IV. Processing the most disturbing part utilizing Phase 4 (desensitization) and Phase 5 (installation) but skipping body scan;
- V. Processing the remaining disturbing parts of the memory narrative in chronological order, with each assessed and processed as described in “IV”;
- VI. Have client visualize the entire sequence of events and if remaining disturbance is identified process through desensitization (Phase 4) until the SUD is 0 or 1;
- VII. Have the client visualize the entire event from start to finish while installing the PC until the VoC is 7;
- VIII. Complete the body scan on the entire memory;
- IX. Utilize the Standard Protocol for Present Triggers;
- X. Install a Future Template.