Desensitization

Begin eye movements, taps, or other dual attention BLS* while client thinks about the traumatic event. Focus on decreasing client's SUD until it reduces to zero (or 1 if appropriate) allowing new thoughts, images, feelings, and sensations to emerge.

*BLS: bilateral stimulation

Body Scan

The client is asked to hold in mind both the target event and the positive belief while scanning the body from head to toe. Process any lingering disturbance from the body with dual attention BLS.

Reevaluation

At the beginning of each new session, therapist and client discuss recently processed memories to ensure that distress is still low and positive cognition is strong. Future targets and directions for continued treatment are determined.