



Holding the Infant and the Infinite:

Interweaving Attachment-informed and Transpersonal Frameworks into Psychedelic-assisted EMDR Therapy

By Jocelyn Rose and Katharine Brayne

Script for Transpersonal ai-EMDR Somatic Bridge (Floatback) into the 4th Transpersonal Prong (Adapted from the ai-EMDR Dreams Extended Interweave (Brayne, 2022))

Invite the client to describe their psychedelic / non-ordinary experience in vivid detail, speaking in the present tense and from the first-person perspective ("I"). This should be done regardless of whether the experience was positive, negative, or subjectively underwhelming.

"Take your time, and when you're ready, I'd like you to describe the psychedelic (non-ordinary) experience as vividly as you can. Speak in the present tense, and use 'I' as if it's happening right now. Try to include everything you notice—what you're seeing, feeling, sensing, or thinking—even if it seems small or strange. I'm just here to listen with curiosity and take some notes."

Maintain a stance of open, non-judgmental curiosity—avoid offering interpretations or leading responses. Transcribe the client's narrative as accurately and thoroughly as possible.

"I'm going to read your account back to you now, using your own words as closely as I can. Let me know if I miss anything or get something wrong. With your eyes closed, as you listen, I would like you to notice where the energy is held."

Then, once they've closed their eyes, read it back to them. When you finish, ask them to open their eyes.

"Let's begin by bringing your attention back to the psychedelic experience that feels most relevant or alive for you now. Where is the energy held? Is there a particular moment, image, or feeling from that experience that your body remembers most?"

Or

"Scanning throughout that experience, like a google search, tell me, where is the energy held"

Wait for the client to select and describe a moment. If there are more than one, go with what happened first.

"As you connect with that moment, notice what's happening for you right now."

"Is there an emotion that goes with that?"

"Where do you feel that the most? What is happening in your body?"

"Is there a belief that goes with that and what it means to you?"

Continued

Wait for the client to select and describe an image / moment, emotion, sensation and belief.

"Close your eyes. Now, staying connected to that, I'd like to invite your body to guide us. We're going to gently track this feeling back to where it might have started—not with words or thoughts, but with the body's memory."

Or

"Close your eyes. You don't have to figure anything out. Just notice what shows up when I ask: 'Where have you felt this in your body before? Maybe much earlier in life. Maybe even before you had words?'"

Or

"Close your eyes. Drop back in time. Go back as far as you can. Tell me, where do you land? Can you give me your age? Place yourself there now. Look around you. What is going on in this moment? What can you see / hear / feel / smell?"

Or

"Sometimes in these states, we touch something beyond our own life—something larger. If you sense that this experience connects to something ancestral, archetypal, or spiritual, just notice that too. You don't need to make sense of it—only be with what's there. Take a moment to close your eyes. Does this feeling seem familiar, like something that's been with you for a long time—maybe from a time very early in your life?"

Wait for the client to bridge back. You may get preverbal, infant, intergenerational or archetypal content. If something transpersonal emerges, do another somatic bridge until you connect to their own early biographical content. Target the attachment 'point' (looking for the infant's experience) rather than the transpersonal 'periphery' (held in the infinite).

Use resourcing as needed (e.g., internal figures, ideal parent, therapist presence).

"Place yourself there — what is going on in that moment? Is there an image that goes with that?"

"What is the emotion?"

"What is happening in your body?"

"Is there a belief that best goes with that?"

Wait for the client to select and describe the image, emotion, sensation and belief.

"Connecting to that younger you - notice what you notice - as we bring in some gentle bilateral stimulation (BLS)."

Use BLS (eye movements or tactile), adjusting frequency and set length to match the client's level of stability and sensitivity to this early material. Pause regularly to check tolerance and AIP.

This marks the final step of the transpersonal ai-EMDR somatic bridge; from here, the clinician proceeds with Phases 4 to 8 of the Standard Protocol EMDR therapy.