

The Desensitization of Triggers and Urge Reprocessing (DeTUR) Protocol Work Sheet

Name: _____ Diagnosis: _____

Medications: _____

Step 1: Rapport – essential to treatment

Step 2: History, Assessment, Diagnosis

Presenting Problem:

| Addiction | Duration | Start |
|-----------|----------|-------|
|-----------|----------|-------|

1. _____

2. _____

What made you start? _____

History of the use of the substance: (times quit, what caused the relapse.)

Step 3: Accessing Internal Resource State

Recall a time when felt resourceful, powerful, in control: (Get the specific description what they saw, heard, smelled, felt) _____

Feed the description back while doing BLS min 24 rapid sets. Check to insure they have a resourceful feeling..

What word would you like to represent that feeling? (Auditory anchor) _____

Test: *Think of small disturbance notice feeling. add your word. Notice the change.* If no change repeat the exercise.

If change: *You have just learned how to change your emotions!*

Step 4: Positive Treatment Goal (PG) What do you want - What will it get you?

PG uses positive language, occurs in the near future, is achievable, uses client's own language about coping and functioning successfully, is attractive, magnetic and highly desirable. **Bring up an picture of self already achieving goal** Perform BLS while asking them **Make the picture bigger, closer, brighter** (adjusting the visual sub modalities to make the picture most desirable.

Step 5: Positive Sate (PS) How will you know when you get it?

Step into that you in the picture. Notice what you are seeing, hearing, smelling, etc. Perform BLS min 24 passes rapidly while you or the client presses a knuckle or any other non-intrusive spot (A kinesthetic anchor). Saying, while touching and BLS, **Notice how others are positively reacting and the positive words they are saying, and the positive words you are saying to yourself. Turn the volume up, notice the way you feel in your body, move around and feel.** You are enhancing success and anchoring it in their physiology

Step 6: Identify Urge Triggers (T) What prevents you?

How do you know when to _____? (Include picture, words, tastes, smells, etc.)

T1_____, T2_____, T3_____,.....Tn_____.

Step 7: Level of Urge (LOU) Desire to use or do.

When you bring up that Trigger T1, T2, ...Tn (Include picture, words, tastes, smells, etc.) *How strong is the desire to _____ on a scale of 0 to 10 where 10 is the strongest and 0 is neutral or none.*

T1:LOU1_____,T2:LOU2_____,.....Tn:LOUn_____.

Step 8: Desensitize Triggers

When you bring up that T1 Where are you feeling that LOU1 in your body? Bring up a picture of that T1 along with all the words, tastes, smells, etc. that go along with it and notice where you are feeling it in your body. Do the BLS (minimum 24 rapid passes. Continue until LOU1 = 0.

Step 9: Install Positive State Triggering Incident + Anchor + BLS

Bring up that T1 and everything associated with it, touch the anchor and perform BLS.

What are you noticing now about the LOU1? If positive do another BLS to enforce. If negative repeat step 9.

Step 10: Test and Future Check

Run a movie in your head and imagine handling T1 successfully the way you want. If you run into any blocks open your eyes. Perform BLS until cleared. *Run the movie again from the beginning. Clear any blockages and always start the movie in the beginning and run through till clear.*

REPEAT STEPS 7 THROUGH 10 FOR EVERY TRIGGER. T1 TO Tn

Step 11: Closure and Self-Work – as in Standard EMDR Protocol

Add, *“If you feel any urges, notice what and where you are feeling it or them. If any uncomfortable urges arise, pick a spot on the wall and move your eyes rapidly back and forth until the urge or desire fades and then touch anchor(i.e., anchor the positive state) . If the urge remains, call your sponsor or support group person. If you are unable to prevent the urge and indulge in the dysfunctional behavior, remember that this is new information emerging and make a note of it so we can work on it during your next visit. It is like peeling away the leaves of an artichoke to get to the heart of the matter.”*

Step 12: Follow-Up Sessions or Reevaluation

What is happening with the triggers? Perform BLS on all successes to enhance.

If relapse on any triggers target relapse triggers and then work through remaining triggers using Steps 7-10

