

EMDR Future Template

(Adapted from Korn and Leeds, 2002)

The future template is an expansion of the installation phase. It may be used after the client has cleared past disturbing events and present triggers in order to process any distress that arises and strengthen the adaptive movie and PC. Do the BLS at a fast rate of speed. (Alternatively, if doing the Future Template during the Preparation Phase for Resource Development to strengthen good feelings and sensations prior to addressing past trauma. do slow BLS).

Step 1: Setup—Create movie of future template

“What specific future situation would you like to work on today?” or “We have decided to work on _____.”

“If you were going to create a positive mental video of coping or effectively handling a similar situation in the future, what would that look like?”

“How would the movie start and end?”

“Are there any particular colors, sounds, smells?”

“What is a positive belief about yourself related to this future situation?” (This can come from the EMDR standard protocol that was previously done.)

“What emotions are you feeling?”

“Where do you feel this in your body?”

Step 2: Run movie script doing continuous BLS while client is imagining the movie

“Now you’re going to run the movie of this future situation with all these details in your mind, while feeling calm, and holding in your belief (PC___). Notice what you’re thinking and feeling and experiencing in your body (Do fast BLS while the client runs the movie).

After the movie ends, or if you stop the movie because it is going too long, ask, **“How is it?” “What do you get?”**

If disturbance arises, have the client focus on the disturbance to process. Say, **“notice that”** (Do fast BLS). (Alternatively, if you are resourcing, refocus on the positive and do slow BLS. Continue BLS sets until the client tells you they are at the end of the movie.

“Okay, let’s run it again and notice more positive details. Feel it in your body.” (Do BLS.)

“What are you noticing?” (Run the video as many times as it is evolving and enhancing. Checking in with the client verbally between sets. Process any disturbance or fully target it, if necessary. Run the video at least once from the beginning to the end without checking-in, if there is no more disturbance reported).

Once client feels calm and there is no tension, check on PC. **How true do those words (PC) ____feel when you imagine that situation, 1 to 7, with 1 completely false, and 7 completely true?** (Proceed as installation phase, i.e., if not 6 or 7, assess and process).

Step 3: Plan for future obstacles by bringing in a challenge and build those details into the movie

“Now let’s bring in a challenge or potential obstacle. What would you like that to be?”

“Let’s add that challenge to your movie with you effectively handling it the way you would like.” (Use BLS as the client runs the mental video with the challenge as many times as seems fit. If any disturbance arises, process it; run movie again until there is no disturbance.)

Step 4: Closure Statement: Ask the client how it feels now with the future situation and add any appropriate closing statements.