

## **SUMMARY SHEET FOR CLINICIANS: The EMDR Integrative Group Treatment Protocol (IGTP) for Adults**

**15B**

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SUMMARY SHEET BY MARILYN LUBER

Name: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

Medications: \_\_\_\_\_

Test Results: \_\_\_\_\_

☒ Check when task is completed or response has changed or to indicate symptoms.

### **The EMDR Integrative Group Treatment Protocol for Adults**

#### **Phase 1: Client History**

Event Date: \_\_\_\_\_

Event Narrative: \_\_\_\_\_

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#### **Phase 2: Preparation—First Part**

- ☐ Introduce confidentiality:
- ☐ Introduction of each member:
- ☐ Discuss AIP:

#### ***Introduce Self-Soothing Techniques and the Butterfly Hug.***

##### **ABDOMINAL BREATHING**

☐ Completed

- ☐ Eyes Closed + Hand on Stomach = Imagine Balloon inside Stomach.
- ☐ Inhale (balloon grows and moves hand up).
- ☐ Exhale (balloon deflates and hand goes down). Observe

#### CONCENTRATION EXERCISE

☐ Completed

Say, “I would like you to take a little time to think about your breathing. Notice when you are inhaling and say to yourself, ‘I am inhaling,’ and then notice when you are exhaling and say to yourself, ‘I am exhaling.’ Continue to allow your attention to focus on your breath, for a while longer, gently bringing yourself back—if you are distracted—to the inhaling and exhaling of your breath.”

Do this exercise for 5 minutes.

#### PLEASANT MEMORY

☐ Completed

Say, “Remember a time when you were calm or happy. (Pause). Now, put your hand on your chest and let those good feelings and positive physical sensations expand throughout your body. Good. Continue to allow your attention to focus on these good feelings and sensations for a while longer, gently bringing yourself back—if you are distracted—to the happy and calm feelings you are feeling.”

At the end, say, “As you open your eyes, remember that in the future all you have to do to bring back the memory is to place your hand over the center of your chest.” Do this exercise for 5 minutes.

#### THE BUTTERFLY HUG

☐ Completed

Say, “Please watch me and do what I am doing. Cross your arms over your chest, so that the tip of the middle finger from each hand is placed below the clavicle or the collarbone and the other fingers and hands cover the area that is located under the connection between the collarbone and the shoulder and the collarbone and sternum or breastbone. Hands and fingers must be as vertical as possible so that the fingers point toward the neck and not toward the arms.

Now interlock your thumbs to form the butterfly’s body and the extension of your other fingers outward will form the butterfly’s wings.

Your eyes can be closed, or partially closed, looking toward the tip of your nose. Next, you alternate the movement of your hands, like the flapping wings of a butterfly. Let your hands move freely. You can breathe slowly and deeply (abdominal breathing), while you observe what is going through your mind and body such as thoughts, images, sounds, odors, feelings, and physical sensations without changing, pushing your thoughts away, or judging. You can pretend as though what you are observing is like clouds passing by.”

#### SAFE/CALM PLACE

☐ Completed

#### *Discuss Trauma*

☐ Completed

- ☐ Validate Signs and Symptoms:
- ☐ Invitation to talk about at home:

#### *Assessment Instrument Administration*

☐ Completed

#### Phase 2: Preparation—Second Part

Introduce SUD Scale:

**Note:** No VoC because there is no Installation Phase

- ☐ Hand out paper and crayons:
- ☐ Write name and age on top left:
- ☐ Divide paper in four parts:

☐ Completed

### Phase 3: Assessment

☐ Completed

- ☐ Worst Part (Draw Square A):
- ☐ SUDs: \_\_\_\_/10
- ☐ NC (optional):

### Phase 4: Desensitization

☐ Completed

- ☐ BH + Look at Drawing A:
- ☐ Drawing B in Square B:
- ☐ SUDs in Square B: \_\_\_\_/10
- ☐ BH + Look at Drawing B:
- ☐ Drawing C in Square C:
- ☐ SUDs in Square C: \_\_\_\_/10
- ☐ BH + Look at Drawing C
- ☐ Drawing D in Square D:
- ☐ SUDs in Square D: \_\_\_\_/10
- ☐ BH + Look at Drawing D

Look at all drawings. Pick most disturbing. SUDs: \_\_\_\_/10 (upper right hand corner of name page).

SUDs ratings decrease?

☐ Yes ☐ No

### Phase 5: Future Vision (No Installation)

☐ Completed

- ☐ Drawing of self in future:

Is this drawing adaptive?

☐ Yes ☐ No

Word/phrase/sentence about what drawn: \_\_\_\_\_

Is this word/phrase/sentence adaptive?

☐ Yes ☐ No

- ☐ Look at Future Vision Drawing + BH:
- ☐ EPT collects drawings.

### Phase 6: Body Scan

☐ Completed

- ☐ Body Scan + BH:
- ☐ Shake body.

Report a disturbing body sensation?

☐ Yes ☐ No

### Phase 7: Closure

☐ Completed

- ☐ Safe Place + BH:
- ☐ Breathe deeply three times and open your eyes.

### Phase 8: Reevaluation and Follow Up

☐ Completed

At the end of the group intervention, the EPT identifies participants needing further assistance. These participants will need to be thoroughly evaluated to identify the nature and extent of their symptoms, and any co- or preexisting mental health problems. Staff can make this determination by taking into consideration reports made by the participants' relatives and/or friends, whatever valid measure used (i.e., IES, IES-R), the entire sequence of pictures, the SUD Scale ratings, Body Scan, the Future Vision drawing and cognition, and the Emotional Protection Team Report.

Participant needs further help.

☐ Yes ☐ No

