

**SUMMARY SHEET:
The Recent Traumatic Episode Protocol (R-TEP):
An Integrative Protocol for Early EMDR Intervention (EEI)**

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SUMMARY SHEET BY MARILYN LUBER

Name: _____ Date Today: _____

Date of Trauma: _____ Recent Trauma Episode: _____

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

Note: This material is meant as a checklist for your response. Please keep in mind that it is only a reminder of different tasks that may or may not apply to your incident.

History Taking/Intake: Assessing Readiness for EEI

Phase 1: Client History—Focus on past traumas and resources

Administer the Impact of Event Scale (IES-R) questionnaire. Score: _____

Summarize Readiness: Severity, Motivation and Strengths (SMS) Rating

S = Severity (low) 1 2 3 4 5 (high)

M = Motivation (low) 1 2 3 4 5 (high)

S = Strengths (low) 1 2 3 4 5 (high)

(If Severity is high, minimum Motivation and Strengths should be 3 or higher)

Preparation/Resources

Phase 2: Preparation

Four Elements Exercise for Stress Management: Completed

Resource Connection: Completed

Other Self-Calming/Stabilization Exercises: _____

Explanation of R-TEP: Completed

Episode Narrative: (main facts, no need to write all the details) _____

Continue On additional pages if needed.

Assessment and Desensitization: Points of Disturbance (PoDs)

Google Search for PoD #1 of T-Episode:

Phase 3: Assessment

(Do the full assessment, if possible. If high activation/inappropriate, do partial assessment.)

PoD#1: _____

NC: _____

PC: _____ VoC: _____ /7

Emotions: _____ SUD: _____ /10

Body Location: _____

Phase 4: Desensitization/Telescopic Processing

Main Strategy: EMDr Strategy

1. *EMDr Strategy* = when associations directly related to the current Traumatic Episode/ or are adaptive, continue with sets of BLS (or after two to three adaptive associations go back to PoD#1 and check SUD ___/10).

When associations do not relate to T-Episode, go BTT (PoD#1), check SUD ___/10.

When SUD reduces to ecological level go, to Installation.

If the PoD is an intrusion (intrusive image/sensation/feeling/thought), use EMD Strategy:

2. *EMD Strategy* = if associations are directly related to the PoD#1/adaptive, continue BLS.

If associations do not relate to the PoD#1, go Back To Target (BTT) and check SUD ___/10.

Note: If SUD does not reduce after about six to eight sets, “zoom out” in a natural transition to the EMDr Strategy.

When SUD does reduce to ecological level, go to Installation.

Google Search for PoD #2 of T-Episode: _____

Phase 3: Assessment

(Do the full assessment, if possible. If high activation/inappropriate, do partial assessment).

PoD#2: _____

NC: _____

PC: _____ VoC: _____ /7

_____ Emotions: _____ SUD: _____ /10

Body Location: _____

Phase 4: Desensitization/Telescopic Processing

Main Strategy: EMDr Strategy

1. *EMDr Strategy* = when associations directly related to the current Traumatic Episode/ or are adaptive, continue with sets of BLS (or after two or three adaptive associations go back to PoD#2 and check SUD ___/10).

When associations do not relate to T-Episode, go BTT (PoD#2), check SUD ___/10.

When SUD reduces to ecological level, go to Installation.

2. *EMD Strategy* = if associations are directly related to the PoD#2___/adaptive, continue BLS.

If associations do not relate to the PoD#2, go Back To Target (BTT) and check SUD ___/10.

Note: If SUD does not reduce after about six to eight sets, “zoom out” in a natural transition to the EMDr Strategy.

When SUD does reduce to ecological level, go to Installation.

Google Search for PoD #3 of T-Episode: _____

Phase 3: Assessment

(Do the full assessment, if possible. If high activation/inappropriate, do partial assessment.)

PoD#3: _____

NC: _____

PC: _____ VoC: _____ /7

Emotions: _____ SUD: _____ /10

Phase 4: Desensitization/Telescopic Processing

Main Strategy: EMDr Strategy

1. *EMDr Strategy* = when associations directly related to the current Traumatic Episode/ or are adaptive, continue with sets of BLS (**or** after two or three adaptive associations go back to PoD#3 and check SUD ___/10).
When associations do not relate to T-Episode, go BTT (PoD#3), check SUD ___/10.
When SUD reduces to ecological level, go to Installation.
2. *EMD Strategy* = if associations are directly related to the PoD#3/adaptive, continue BLS.
If associations do not relate to the PoD#3, go Back To Target (BTT) and check SUD ___/10.

Note: If SUD does not reduce after about six to eight sets. “zoom out” in a natural transition to the EMDr Strategy.

When SUD does reduce to ecological level, go to Installation.

Google Search for PoD # __ of T-Episode: _____

Phase 3: Assessment

(Do the full assessment, if possible. If high activation/inappropriate, do partial assessment).

PoD#__ : _____

NC: _____

PC: _____ VoC: _____ /7

Emotions: _____ SUD: _____ /10

Phase 4: Desensitization/Telescopic Processing

Main Strategy: EMDr Strategy

1. *EMDr Strategy* = when associations directly related to the current Traumatic Episode/ or are adaptive, continue with sets of BLS (**or** after two or three adaptive associations go back to PoD#__ and check SUD ___/10).
When associations do not relate to T-Episode, go BTT (PoD#___), check SUD ___/10.
When SUD reduces to ecological level, go to Installation.
2. *EMD Strategy* = if associations are directly related to the PoD#_/adaptive, continue BLS. If associations do not relate to the PoD#___, go Back To Target (BTT) and check SUD ___/10.

Note: If SUD does not reduce after about six to eight sets, “zoom out” in a natural transition to the EMDr Strategy.

When SUD does reduce to ecological level, go to Installation.

Note: Make a strong closure at the end of each session, using the Four Elements Exercise for Stress Management, Closing Resource, etc.

Episode Level

When there are no more PoDs identified with the Google Search to process, check Episode SUD (E-SUD).

E-SUD: ____/10

When the SUD is ecological or can be viewed calmly, install Episode PC (E-PC).

Ask: *“What have you learned from this episode?”*

E-PC: _____

VoC: _____ /7

Phase 6: Episode Body Scan

Unresolved tension/tightness/unusual sensation: _____

If SUD is still not ecological and the T-Episode cannot be viewed calmly, consider using the EMDR Standard Protocol for underlying issues beyond the T-Episode.

Client gives consent to new contract. Completed

Phase 7: Closure of the Episode

IES-R is administered post session Completed

Phase 8: Follow Up

Episode SUD: __/10

Resolved. Completed

If SUD is not ecological, use G-Search to identify any residual targets.

3-month follow up: IES-R is implemented 3rd time: _____ Completed

Comments: _____

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