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## EMDR Phase 2 Resourcing Options

Phase 2 involves resourcing techniques to equip clients with inner strength and coping mechanisms before (or sometimes during) delving into trauma processing. These resources are akin to filling in developmental gaps or nurturing unlearned skills, vital for navigating processing effectively. So many things can be a resource for clients, so this list is not exhaustive. Sometimes, we can help them discern what kinds of things they need and those things might be outside this list.

Here is a list of EMDR resourcing techniques with brief descriptions:

- Safe Place: Establishing a mental safe place, where the client can feel secure, calm, and protected. This resource can be revisited during distressing moments to ground and soothe.
- Container Exercise: Creating a mental container to safely store overwhelming emotions or memories until they can be processed in therapy. This technique helps clients stay in their window of tolerance during processing or helps them “contain” incomplete memories in between sessions.
- Resource Development & Installation (RDI): Identifying positive memories, strengths, or qualities and amplifying them through bilateral stimulation (eye movements, tapping, etc.) to strengthen positive feelings and self-beliefs.
- Grounding Techniques: Using grounding exercises, such as deep breathing, body scanning, or focusing on sensory experiences, to help clients stay present and connected during challenging emotions. Helpful when clients have become dissociated during and between sessions.
- Self-Soothing Techniques: Teaching self-soothing strategies like mindfulness, relaxation techniques, or engaging in comforting activities to manage distress.
- Attachment Figures: Installing a real person from the client's life, such as a loving parent or caregiver, or an entirely fictional or imagined figure that embodies qualities of care, safety, and unconditional love, meeting whatever unmet attachment needs the client had as a child. When distressing memories or emotions arise, the client can draw upon the comforting and reassuring image of their attachment figures to help them stay grounded and regulated. Sometimes clients find it helpful to see these attachment figures as a team. Here are some examples:
  - *Wise Figure*: Imagining a wise and nurturing figure (real or fictional) that can offer guidance, strength, knowing, reassurance and comfort.
  - *Protective Figure*: Identifying and visualizing protective figures or individuals who provide safety, security and support.
  - *Nurturing Figure*: Imagining a positive, supportive, containing and comforting internal presence.



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- *Animal*: Visualizing a pet or animal that can be there for a client can be very regulating. Pets accept what is happening, including intense emotions and perceived shameful experiences.
- *Adult Chest*: Sometimes, it can be helpful to install a regulating “chest” for very young parts with a focus on the chest’s rhythmic breathing and heartbeat. This can be very regulating.
- Strengths and Coping Skills: Exploring clients' inherent strengths and coping skills to build resilience and empower them to face life's challenges.
- Positive Affirmations: Encouraging clients to develop positive affirmations to counter negative self-beliefs and foster self-compassion.
- Future Template: Assisting clients in creating a positive mental image of their desired future, promoting a sense of hope and motivation for healing.
- Body Resource: Focusing on a specific area of the body that feels calm or relaxed during stress to anchor positive sensations.
- LightStream: A visualization technique where clients imagine a stream of light flowing through their body, promoting relaxation and positive sensations.
- Parts Work: Identifying and connecting parts of self, usually as a way to address dissociation. Internal Family Systems (IFS) (Dick Schwartz), Ego State Interventions (Robin Shapiro), Progressive EDMR Approach (Dolores Mosquera) are all examples of various parts methodologies.
- Conference Table: Sometimes called Fraser’s Table, this technique involves working with parts of self, usually used to address dissociation. Clients imagine a conference table (or garden, or playground, or room, any space that feels good to them) where all parts of themselves can come together to address internal conflict, agree on how they will function or just connect. It can be helpful to draw the table on a big piece of paper or in the client’s “therapy notebook”.
- RDI (Resource Development and Installation): RDI is an EMDR protocol focused on developing and installing a chosen resource, such as a feeling of safety, calmness, or self-compassion, through bilateral stimulation.
- Constant Installation and Present Orientation to Safety (CIPOS): Developed by Jim Knipe, this technique can be extremely helpful for clients who struggle with dissociation as a means to escape and cope with a stressful “present moment” by teaching and strengthening the ability to stay present.
- Affect Tolerance Protocols: These protocols assist clients in developing tolerance for intense emotions by treating the emotion itself as the target.
- Breathwork: Breathwork involves guiding clients in using controlled breathing techniques to regulate their nervous system, promote relaxation, and reduce stress during therapy. Examples are the box breath, long exhales for anxiety, deep inhales for depression, alternate nostril breathing, deep yoga breath.



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- Character Qualities: Identifying positive character qualities (e.g., courage, resilience, compassion) and time that they felt this or when they have seen this in movies, for example, helps clients strengthen their self-concept and develop self-affirming beliefs.