

# EMDR Phase Four

# Desensitization

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# EMDR Phase Four

**“I would like you to bring up that image, those negative thoughts you have about yourself, those emotions and notice where you are feeling anything in your body and....”**

# EMDR Phase Four

1. When the processing gets blocked
2. Cognitive Interweaves

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- \* **SUDs not descending**
- \* **Looping**
- \* **SUDs descended but when re-visited are back up again**
- \* **Client reports going blank**
- \* **Abreaction**
- \* **Disassociation**

# EMDR Phase Four

## COMMON ERRORS

Taking SUDs level or VOC level too often

Returning to Target before current chain of material is fully processed i.e interrupted processing

Taking too long between sets. e.g letting the Client talk too much

Making unnecessary Cognitive Interweaves

Intervening and starting conversation during session

Commenting, questioning, summarizing or reflecting

Therapists doing too much

Stopping because initially negative affect has increased

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**Loss of control**

**Being disloyal**

**Breaking vow of silence**

**Guilt/Shame**

**Not being believed**

**It is not possible to heal**

**Loss of their identity**

# EMDR Phase Four

**Cognitive Interweaves**

**Non-cognitive Interweaves**

**Motor Interweaves**

**Sensory Interweaves**

**Educational/Psycho-educational Interweaves**

**Narrative Interweaves**

**Non specific Interweaves**

**Specific Interweaves**

**Process level Interweaves**

**Content level Interweaves**

**Humorous Interweaves**

# EMDR Phase Four

- > Loss of control
- > Being disloyal
- > Breaking vow of silence
- > Guilt/Shame
- > Not being believed
- > It is not possible to heal
- > Loss of their identity
- > Pain/fear of pain



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## COGNITIVE INTERWEAVES

What is a Cognitive Interweave?

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**A Therapist elicited statement or intervention which brings exactly the hidden and/or missing information within the reach of the Client.**

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- ‘Both thoughts and imagination physically
- change the brain, especially through focused attention, to positively rewire.’
- Farrell 2009

# EMDR Phase Four

**Cognitive Interweaves**

**Non-cognitive Interweaves**

**Motor Interweaves**

**Sensory Interweaves**

**Educational/Psycho-educational Interweaves**

**Narrative Interweaves**

**Spiritual Interweaves**

**Non specific Interweaves**

**Specific Interweaves**

**Process level Interweaves**

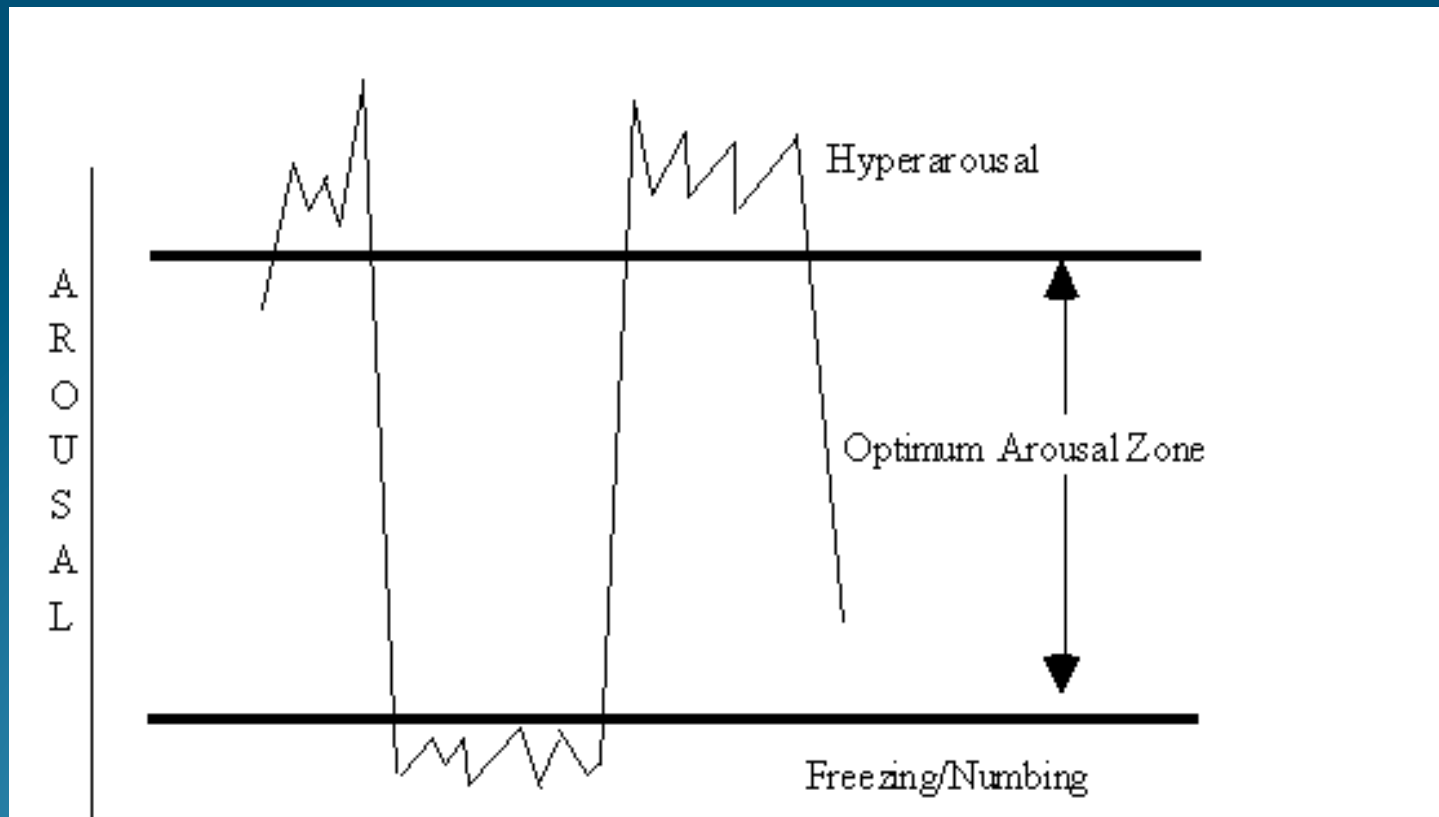
**Content level Interweaves**

**Humorous Interweaves**

**Interactive Cognitive Motor (ICM) Interweaves**

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‘Window of Tolerance’



Ogden and Minton (2000)

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Three types of Interweave

Interweaves to solve blockages on a **process**  
level: Non Specific Interweaves

Interweaves to solve blockages on a **content**  
level: Specific Interweaves

Interweaves to solve blockages on a  
**relational** level: Specific Interweaves.

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**Cognitive Interweaves and  
Non-Cognitive Interweaves**

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Cognitive Interweaves

Content & Relational Interweaves

Narrative Interweaves

Two-handed Interweaves

Spiritual Interweaves

Educational/Psycho-educational Interweaves.

Interactive Cognitive Motor (ICM) Interweaves

Humorous Interweaves

Non-cognitive Interweaves or Process Interweaves

Motor Interweaves

Sensory Interweaves



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A demonstration