

Chapter 52

Phase Two Topics

The Client Struggles to Visualize

Many thousands of people have presented to EMDR therapists with difficulties visualizing things and have not been able to engage in EMDR therapy because so many of the standard EMDR resources are visualization focused. See Part Two of the book, especially the sections on Dip Your Toe in resources. Outsource the visualization components of the resource to a YouTube video. There is no compelling reason why the resource needs to be imaginary.

The Client Struggles to Emotionally Connect to a Resource

Struggling to connect to some resources can be an indicator of somatic disconnection, but this depends on the resource. The container resource is a box to hold stuff. We might not expect someone to have a deep emotional response to a box. The goal in using the resource is to successfully create it as a mental construct so that we can subsequently use it when needed. The client reporting no shift in affective state in the calm scene or other resources where the shift in affect is the point of the resource should be noted and explored. Again, problems in Phase Two are canaries in the coal mine for EMDR therapy reprocessing phases.

How to Know When the Client Is Prepared Enough to Start Somewhere

There may be plenty of indicators that the client is not prepared. It's hard to know for sure when the client is prepared enough to start somewhere. See Chapter 31: What Does Prepared Enough Mean?