



EMDR Group- Traumatic Episode Protocol (G-TEP)

Step 3 PAST RESOURCE

Heading.....



Step 5 PoD Level Processing

PoD 3

Set 3 [0-10]

Set 6

Set 9 [0-10]

Step 4 DESIRED FUTURE

I'm safe (enough) now,
 I can cope
 It happened / it's over.
 I survived
 I did what I could

I have strengths
 I can (learn to) choose how to respond.
 I have hope
 I learned from it

Other.....

Step 2 PAST ONSET EVENT

Heading

 [0-10]

Step 5 PoD Level Processing

PoD 2

Set 3 [0-10]

Set 6

Set 9 [0-10]

Step 6 EPISODE level

Episode SUD [0-10]

Episode PC



Step 5 PoD Level Processing

PoD 1

Set 3 [0-10]

Set 6

Set 9 [0-10]

Step 1 PRESENT SAFETY

Before [0-10) Earth - Air - Water - Light After [0-10]

SAFE/CALM PLACE:.....



DATE THEN



DATE TODAY

Step 5 PoD Level Processing

PoD 6

Set 3 [0-10]

Set 6

Set 9 [0-10]

Step 5 PoD Level Processing

PoD

Set 3 [0-10]

Set 6

Set 9 [0-10]

Step 5 PoD Level Processing

PoD

Set 3 [0-10]

Set 6

Set 9 [0-10]

PoD 5

Set 3 [0-10]

Set 6

Set 9 [0-10]

PoD

Set 3 [0-10]

Set 6

Set 9 [0-10]

PoD

Set 3 [0-10]

Set 6

Set 9 [0-10]

PoD 4

Set 3 [0-10]

Set 6

Set 9 [0-10]

PoD

Set 3 [0-10]

Set 6

Set 9 [0-10]

PoD

Set 3 [0-10]

Set 6

Set 9 [0-10]