

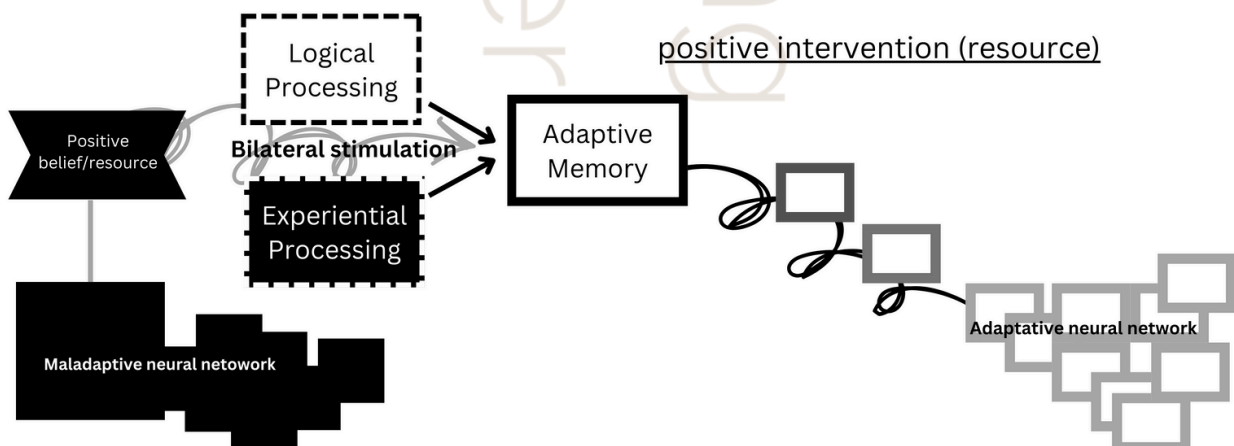
# Resources

**Resource** development is an integral part and essential first step in preparing for any EMDR protocol. **Resourcing interventions** can also be accessible in some form to individuals at any level of stabilization or functioning, even ones who are **currently too hypervigilant or activated** to engage in even LIIs. **Proper education** about the **purpose** and **function** of **Resourcing** is essential to avoid the following misinterpretations of the activities.

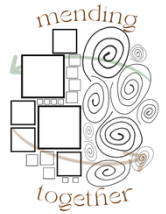
1. Minimization; **Resources** are **not** necessarily designed to **fix or change negative experiences**. There is always the potential of this benefit, but often **permanent change** will require **deeper reprocessing** with either LIIs or HIIs. Therefore it is important to educate about the scope expected with just **resource development**, absent of **reprocessing**.

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*We know those negative feelings and experiences are there and that we may need to return to them at some point in the future. This activity is designed to help us practice shifting away from those feelings and intentional pushing towards more positive feelings and experiences.*



# Interventions



2. Inaccessibility; especially early on, **Resources** and the feelings they're connected too may feel very **unfamiliar, foreign**, and even **threatening** to someone who has not experienced them before. Guiding towards **more familiar or accessible versions** of the experience can be very helpful early on. For example, **Safety/Safe Place** may not be an experience someone who has never felt safe can connect with, but **Soothing, Calming, Relaxing, Peaceful, ect.** are all alternatives that can be used in order to guide them towards something with more familiarity. **Imagining** how an experience would feel, even if it has never been felt before, accesses the same neural networks as actually feeling it.

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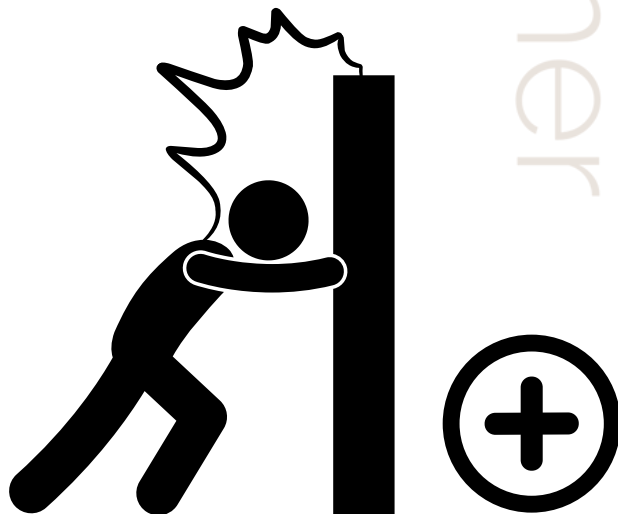
*Do not worry if this experience feels so foreign, different, or just unfamiliar that you can't even picture what feeling it would be like. Thinking of something similar, yet more familiar, can be really helpful. Also just imagining where/how you would expect to feel it in your body, or even where you would imagine someone else feels it in their body can be an effective place to start.*

# Resources

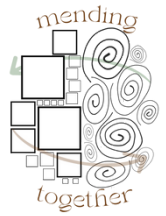
REMEMBER, for many people who have experienced early childhood or complex trauma, these positive experiences are completely novel and new. Taking time to encourage and normalize how difficult, foreign, unfamiliar, or even uncomfortable connecting with these positive feelings are is essential to developing confidence in accessing and connecting with Resources on their own.

Sharing around the group about “emotions” and “where in your body?” the positive experiences are felt can help individuals who are struggling by encouraging empathetic connections with experiences shared by others, potentially increasing their own “felt sense” of the experience.

BUT IF SOMEONE IS STILL STRUGGLING ENSURE TO ALWAYS CONCLUDE ANY ENCOURAGEMENT WITH NORMALIZING HOW DIFFICULT AND FOREIGN THESE KINDS OF ACTIVITIES ARE IN ORDER TO AVOID ANY POTENTIAL NEGATIVE EVALUATION DUE TO DIFFICULTY WITH A FELT SENSE OF POSITIVE.



# Interventions



## Techniques

- Traditional EMDR Resources
  - Safe Place
  - Container
  - Four Elements
  - Lightstream
  - Whiteboard
  - Paintcan
  - Spiral
- Resource Figures
- TAPPING IN
- ANCHOR
- iNsight Development (iD)
  - Saroni and Mosher
- CURIOSITY
  - Mosher

## Goal:

- Improve effectiveness in coping with negative experiences related to processing trauma
- Increase connection to positive experiences and feeling (past and present)
- Increase tolerance of positive experiences and feelings

## Result:

- More confidence in processing trauma
- More resiliency through positive emotions and experiences
- Pathway of continued improvement in positive direction, even after all trauma “has been addressed”

*We want to be able to have positive things we are increasing, not just negative experiences we are reducing*