

EMDR-DeprEnd[®] to treat Depression

Short Worksheet

A. Hofmann, L. Ostacoli, M. Lehnung, M. Hase

STEP 1: History taking and Screening

- Checking for Depression and symptom severity
Check if the patient needs crisis intervention or can do psychotherapy
- Fill the Symptom Event map to blend the timeline of depressive episodes with stressful life events.
- Identify Compensation Zones, where the patient had no depression
- Identify negative Belief Systems

STEP 2: Assessing Comorbidity and Stability

- Identify and target present situations maintaining the depression (as is possible)
- Look for possible lifestyle changes supporting the healing (like movement, food, stress management)
- Identify comorbidities, especially with PTSD, complex PTSD and dissociative disorders. Identify which needs to be focussed first

STEP 3: Processing of Episode Triggers

- Focus on Episode Triggers first with priority on the current episode
- Use the normal 8 phase standard EMDR procedure to process memories
- Process other possible events maintaining the present depressive episode
- Look for the evolution of cognitions. In depression cognitions are more important than in PTSD
- Process present triggers related to the Episode Triggers
- If you reach complete remission in step 3 go to step 6

STEP 4: Processing Negative Belief Systems

- Identifying present negative Belief Systems
- Focus on the most important Belief System and find Proof Memories
- Focus on the most important belief and identify possible Touchstone Memories with a float back
- Process the complete network behind this negative Belief System
- Do the same with the other dominant negative Belief Systems
- Always try to reach full remission of the depressive episode
- If you reach complete symptom remission go to step 6

STEP 5: Processing Depressive or Suicidal States

- If you still have residual symptoms look for possible depressive States and process them
- Identify suicidal States, take necessary precautions and process them

STEP 6: Relapse Prevention

This step is important, even after you have reached full remission

- Process persisting negative Belief System material and Episode Triggers
- Process significant Episode Triggers and traumatic memories that happened before the Compensations Zone
- Do future projection, for example with the question "what would need to happen to get you depressive again?"
- Look for and deal with systemic and relationship risks for possible relapses
- Check for lifestyle changes that can prevent future episodes

Look for updated literature of this protocol as its development is ongoing.

The book "Treating Depression with EMDR therapy: Techniques and Interventions" will appear with Springer publishers New York if the end of 2021