



# EMDR Group- Traumatic Episode Protocol (G-TEP)

### Step 3 A GOOD MEMORY

Heading.....

### Step 2 START OF THE DIFFICULT TIME

[0-10] Heading.....

### Step 5 DISTANCING DISTURBANCE

PoD 3

[0-10]

Set 3

Set 6

Set 9  [0-10]

### PoD 2

[0-10]

Set 3

Set 6

Set 9  [0-10]

### PoD 1

[0-10]

Set 3

Set 6

Set 9  [0-10]

### Step 4 POSITIVE THOUGHTS FOR THE FUTURE

I'm safe (enough) now,  
 I can do what I can  
 It happened / it's over.  
 I am not alone

I have strengths  
 I can cope  
 I have hope  
 I am learning from this

Other.....

### Step 6 OVERALL

Overall Episode Check SUD [0-10]

Episode Positive Belief

.....

### Step 1 PRESENT SAFETY

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

HOW SAFE/CALM DO I FEEL NOW?

**THERE/THEN**  
 .....

**NOW/HERE**  
 .....

**Step 5 DISTANCING DISTURBANCE**

PoD 6

[0-10]

Set 3

Set 6

Set 9

[0-10]

**Step 5 DISTANCING DISTURBANCE**

PoD

[0-10]

Set 3

Set 6

Set 9

[0-10]

**Step 5 DISTANCING DISTURBANCE**

PoD

[0-10]

Set 3

Set 6

Set 9

[0-10]

PoD 5

[0-10]

Set 3

Set 6

Set 9

[0-10]

PoD

[0-10]

Set 3

Set 6

Set 9

[0-10]

PoD

[0-10]

Set 3

Set 6

Set 9

[0-10]

PoD 4

[0-10]

Set 3

Set 6

Set 9

[0-10]

PoD

[0-10]

Set 3

Set 6

Set 9

[0-10]

PoD

[0-10]

Set 3

Set 6

Set 9

[0-10]