

**POSITIVE RESOURCE  
INSTALLATION**

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# RESOURCE TAPPING (PARNELL, 2008)

- The importance of tapping in resources
- Neurobiological rationale (McFarlane)
- Basic Principles
- How to tap in resources

# RATIONALE FOR RESOURCE TAPPING

- People with PTSD do not attend to neutral stimuli – their brains are geared to traumatic stimuli (McFarlane)
- When we use imagery paired with bilateral stimulation it seems to integrate the information more fully into the neuro-circuitry
- Add a wider narrative than the trauma story (narrow) that the client holds

# TAPPING RESOURCE STEPS

1. Close your eyes and go inside. Bring your attention to a quiet still place inside of yourself.
2. Bring the resource to mind. It can be a positive memory, an inherent quality, an experience or an important person or animal.
3. Imagine the resource as well as you can.
4. Take the time you need to elicit this information and fill out the resource

# TAPPING RESOURCE STEPS

5. When you have a strong sense of the resource, begin to tap on your knees right and left, right left, or do the butterfly hug crossing your arms in front of your chest and tapping on either shoulder. Tap 6 to 12 times then stop and check in with yourself. If it feels good and the resource is strengthening, you can tap some more.
6. Tap as long as it feels positive. If other memories or resources come to mind that feel good, you can tap them in also.

# **SAFE/ PEACEFUL PLACE STRENGTH & POWER**

- Sacred place or sanctuary
- Conflict-free image (Phillips)
- Positive memories
- Images from nature

# NURTURING FIGURES

- Figures, real or imaginary, that have nurturing qualities, can be more than one
- Spouse, partner, friends, lover
- Family members (if non-conflictual)
- Figures from movies, books, TV
- Spiritual figures
- Adult nurturing self
- Ideal mother
- Don't have to imagine figure nurturing them

# TAPPING IN AN IDEAL MOTHER

- Can you imagine an ideal mother? You can create the mother you wish you had. She can be anyway you'd like her to be.
- What would she be like?
- What would she feel like?
- What would her body feel like?
- *“Feel what it would be like to have a mother like this (loving)”*

# PROTECTOR FIGURES

- Real or imaginary, from their past or present
- Books, movies, TV
- Animals
- Spiritual figures
- Can be the same as the nurturing figure
- Protective adult self
- Important for adults abused as children

# CIRCLE OF PROTECTION (FROM TAPPING IN)

- Bring all their allies for protection
- Feel them surrounded by their protectors
- **Take in the feeling and imagery of protection** and tap it in

# INNER WISDOM FIGURES

- Wise figures (from family, ancestors, movies, books, spiritual figures, historical figures)
- Inner advisor or inner wise self

# **USE OF EMDR TO DEVELOP RESOURCES IN YOU - THE THERAPIST.**

- How to release vicarious trauma, promote your resilience, and avoid burn out!

# 3 PHASES

- Acknowledge
- Release
- Restore
- “ARR”

# ACKNOWLEDGE

- Become centred and grounded
- Bring your attention to what is going on in terms of your:
  - Body sensations
  - Images
- Bring your attention to your breath and just notice

# RELEASE OF DISTRESSING IMAGES

- Use a SUDS rating re: the distress you hold about your client's images
- Release your client's trauma images through bringing them to mind whilst doing butterfly taps or de jongh taps
- Breathe freely and deeply whilst being centred and grounded
- Re-rate the SUDS

# RELEASE OF BODY SENSATIONS

- Ask: what does my body need to do right now?
- From a centred and grounded base allow that to happen
- Useful movements may include:
  - Shaking hands and arms as if shaking off water
  - Shaking of head, hips
  - Bouncing from knees and feet

# **RESTORE:**

## **WHAT QUALITY OR SKILL WOULD HELP ME CONTINUE AS A THERAPIST?**

- Images (e.g. the strength of a tree, the radiance of a white light, sunshine, the sea?)
- Body sensations/posture (e.g. feet firmly on ground, spine long, breathing into centre)
- Feelings (e.g. spaciousness, compassion, letting things come and go)
- Positive cognitions (e.g. I am competent, I am supported, I can make a difference)

# **HAS THERE BEEN A TIME IN MY LIFE WHEN I HAVE HAD THESE QUALITIES OR SKILLS?**

- If so access those neural networks and install those resources
- If not:

# AM I AWARE OF ANYONE THAT HAS THESE QUALITIES? OR CAN I CREATE MY OWN COMPASSIONATE OR WISDOM FIGURE?

- See [www.emdrwizard.com](http://www.emdrwizard.com) for some tips as to how to build up these resources e.g.:
  - If they could be with me in my therapy room where would I like them to stand or sit?
  - How would I best like to receive their strength?
  - Physical contact? A coloured light? Words whispered in my ear?

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