

Thomas Buhl

EMDR

Coach Yourself in 6 Steps

How we can quickly free ourselves from emotional strain, anxiety and stress and reach our goals more easily

free
pdf-version

The Effective
Self-Help Method
With **EMDR** Glasses
REMSTIM 3000



Instruction Manual

EMDR - Coach Yourself in 6 Steps

Thomas Buhl

Thomas Buhl has been studying EMDR Self-Coaching for over 10 years. He is an alternative practitioner for psychotherapy, and an EMDR and trauma therapist. He constantly refines his easy-to-use method for effective self-coaching with EMDR. He developed the EMDR Glasses REMSTIM 3000 for faultless eye movement during self-coaching, and the REMSTIM 4000 EMDR device for professional EMDR sessions.

EMDR

Coach Yourself in 6 Steps

How we can quickly free ourselves from emotional strain, anxiety and stress, and reach our goals more easily

Thomas Buhl

Copyright: © 2019 (10.7) Thomas Buhl

Imprint:

Thomas Buhl

Am Dachsbau 59

13503 Berlin, Germany

www.remstim.com

info@remstim.com

All rights reserved, including the right to reprint excerpts, photomechanical reproduction (including microcopy) and publication on the Internet as well as evaluation through databases.

Notice:

This book has been carefully written. However, no responsibility is taken for the correctness of this information. The author assumes no liability for any damage caused by the information and advice given in the book.

Table of contents

Foreword.....	7
Important Information.....	13
A Big Nose	15
Halt Your Negative Beliefs	20
We Can Resolve Mental Blockades Ourselves With EMDR.....	22
Overcoming Fear with EMDR Self-Coaching.....	25
EMDR	29
How Does EMDR Work?	30
Is EMDR Effective?	31
EMDR In Therapy	32
The Eight Phases of EMDR Protocol.....	34
Somatic Markers	36
Somatic Markers Form Our Body Memory	36
How Somatic Markers Affect Our Lives	38
Rapid Eye Movement - On The Trail of REM Sleep	40
How REM Sleep Influences Our Well-Being.....	42
When REM Sleep Phases Are Missing.....	44
Stimulative Effects Of EMDR.....	46
Correct Visual Stimulation Is Essential For The Effectiveness Of EMDR.....	49
EMDR Glasses REMSTIM 3000	54
Self-Coaching or Coaching with a Coach - How to Decide?.....	56
EMDR Self Coaching: The 6 Steps	60
Why Estimating Our Stress Level is Important.....	60
Step 1	64
Step 2	66

Coach Yourself in 6 Steps

Step 3	67
Step 4	69
Step 5	72
Step 6	73
EMDR Self Coaching Worksheet	74
Possible Side Effects of EMDR.....	75
3 Special EMDR Self-Coaching Formats	78
Ultra-Short-Term Self-Coaching with EMDR.....	78
CIPBS – Conflict Imagination, Painting and Bilateral Stimulation ..	83
EMDR Self-Coaching with the Songs of our Lives.....	87
Appendix.....	92

Foreword

Suppose there was a self-help method that really worked.

What would that be like?

That would be nice, wouldn't it?

Before I got to know EMDR, I thought I had to bear every situation and the emotions associated with it - especially the oppressive ones, with their ups and downs - in a helpless way.

Stress, sorrow, fear of existence and failure in everyday life, interpersonal conflicts, aimlessness, demotivation, sadness; the list of emotional, mental and physical states that influence our lives is long.

Today, I know that we don't have to helplessly endure our negative emotional states. My experiences with people who have entrusted themselves to me have taught me that hardly any of us have to endure their emotional stress or worries for any longer than the time it takes to become aware of it. Then we have a real choice, and we can help ourselves.

EMDR, the fast eye movement method, makes so much possible. I have used this method for years in therapy, coaching and especially in self-coaching. While personally treating my clients with EMDR, I came up with the idea of

showing people how they can quickly help themselves in moments of extreme stress.

This led to the EMDR self-coaching method, with its 6 steps.

In moments of intense emotional strain, we carry at the same time the chance for making lasting positive changes within ourselves. Above all, it is the small and recurring sensitivities and emotional fluctuations of everyday life that indirectly show us the way to increased composure, conflict stability, mental fitness and creativity. We just have to follow the correct way.

Thanks to my concept of EMDR self-coaching, it is possible for us to regulate ourselves in such moments, and to trigger the change for more courage and confidence in our own abilities. So many rich and beneficial experiences and opportunities await you. Don't let them pass you by.

EMDR self-coaching differs greatly from the usual cognitive methods found in numerous self-help guides. EMDR self-coaching focuses on your emotions and your emotional memory.

Many self-help methods try to convey new options for action, behaviour patterns and skills through knowledge transfer and exercises. Skepticism, opposing views and a lack of insight can quickly destroy the purpose and the changes desired. The openness or even benevolent insight

of the user, something which is usually required, is an important condition for the success of many methods.

With EMDR self-coaching, such prerequisites are not necessary. So long as the user follows the 6 steps of the coaching process, it should play no role in the successful achievement of goals, regardless of how much inner resistance, skepticism or even fear carried within. Neither knowledge transfer nor advice form the focus of EMDR self-coaching.

Users, therefore, have an intensive experience. During EMDR self-coaching, they experience an emotional reassessment. The focus is on experiencing change in one's own emotions and thoughts. New individual options for action, behaviour patterns and skills emerge as if by themselves. Ultimately, we only achieve real change through our body memory, in which our convictions and beliefs are stored and anchored.

With this book, I intend to give an easily understandable instruction manual for effective self-help for everyday sensitivities, without the need for a coach or therapist.

The process of self-coaching with EMDR and the process of EMDR coaching with a coach differ. Naturally, the 8 process steps of EMDR therapy are also different.

In self-coaching, for example, the steps that primarily serve communication with the coach or the therapist can be

omitted. In addition, I have deliberately omitted the step that includes negative cognitions, because this step usually confused the untrained user, and occasionally overtaxed them. It did not harm the achievement of the usually timely positive effects of EMDR self-coaching; on the contrary.

What was missing at that time was a device that allowed for visual stimulation without my intervention. The EMDR devices available at that time were extremely expensive, impractical and prone to application errors, which significantly reduced the effectiveness of self-coaching with EMDR. This should be obvious, as EMDR intervention using rapid eye movement is one of the critical elements, and we must never forget that the success of an EMDR session depends on the correct execution of fast eye movement (to the video). In coaching or therapy, the coach or therapist controls visual stimulation with a stimulation device or by waving in front of the client's eyes, and thus forms an effective external impulse. In EMDR self-coaching we are on our own. Therefore, we needed an external, convenient stimulus that would also ensure the success of EMDR in self-administration.

An external visual stimulus is noticeably effective because it allows us to focus all our attention on our topic, our emotions and our body sensations. For this purpose, I developed the REMSTIM 3000, a light pair of EMDR glasses.

On the following pages, you can read why we usually have to live with so much emotional ballast and so many mental blockages, and what we can do about this.

Find out how EMDR can help you, and how it all relates to somatic markers and your REM sleep.

Get to know the 6 steps of EMDR self-coaching in detail to be well prepared for your own self-coaching sessions. Before you open and use the worksheet for EMDR self-coaching with its 6 steps for the first time, which you will find in the appendix at the end of this book, I would like to ask you not to skip my remarks on working with the instructions but to read them carefully. It is helpful, and will improve your self-coaching.

Also, learn how you can use EMDR Self Coaching in an almost playful manner. In addition, I describe three special formats of effective self-help.

Of course, I will also inform you about the possible side effects of EMDR and point out that self-coaching with EMDR is only suitable for everyday sensitivities and burdens of a non-pathological nature. Never try to cure trauma, post-traumatic stress disorder or any other mental illness yourself. It is very important to observe this!

Immediately following my foreword, you will find some important information. Please read this information carefully.

If you would like to tell me something or have a question, please send me an e-mail; I would be delighted to hear from you. You can reach me at buhl@remstim.com.

I hope you have a lot of fun reading this, and that you have one successful and pleasant EMDR self-coaching session after another, so that you are able to feel the way you would like yourself to feel.

Yours,
Thomas Buhl

Important Information

1. The application of the EMDR self-coaching method is intended as performance-enhancing mental training. It is not a diagnostic procedure, medical therapy or other medical science, and does not treat any diseases or symptoms. No promises regarding healing are made, so that no false hopes are awakened in the user.
2. The application of the EMDR self-coaching method does not replace the work of a psychotherapist, doctor or alternative practitioner. Therefore, ongoing treatment should not be interrupted or aborted, and future treatment should not be postponed or omitted.
3. The application of the EMDR self-coaching method does not, in any case, replace the need for medical instruction. The responsibility lies entirely with the user.
4. The descriptions of physical, emotional and mental states - in particular through the use of words such as stress, strain, worry, sorrow, restlessness, tension and similar terms - are exclusively the descriptions of the sensitivities of healthy people within a natural range of fluctuation. Under no circumstances should the impression be aroused that the sensitivities presented go beyond a certain degree of impairment and attempt to describe or even represent diseases, suffering, bodily damage or pathological complaints.

5. A prerequisite for the user is - as is customary in coaching - normal mental and physical resilience.

6. Application of the EMDR self-coaching method is not suitable for those who suffer or have suffered from the following illnesses:

- epilepsy
- eye diseases
- organic brain diseases
- addictions
- dissociative disturbances
- ego disturbances

7. It is the responsibility and decision of the user to begin, continue or discontinue the application of the EMDR self-coaching method.

8. The application of the EMDR self-coaching method may lead to temporary, intense emotions.

A Big Nose

Imagine you are shopping, standing at the checkout and you notice the scent of someone's perfume in front of you, and it reminds you of when you smelled this scent before, and exactly how you felt back then.

Or imagine that you are reading a passage in a book and become sad, feeling like you could cry.

Or imagine you are listening to an old song on the radio, and your mood, which was somewhat low, rises and you are feeling happy again, or vice versa.

Have you had these feelings before?

Usually we quickly forget about such moments, and our reactions to them. But let us pause for a moment: what happens to us, or in us, when supposedly meaningless moments find a direct line to our emotions?

What is noticeable is our emotional memory. The power of our body memory is colossal. Imagine this: everything you have experienced so far in your life (and also, really, everything) is stored in our body memory, and on the basis of these emotional memories, we evaluate our future experiences. What we also experience, we color on the basis of our experiences emotionally, and evaluate it in

fractions of a second. Without us being aware of it, we then have an opinion, some kind of feeling.

We also store fear in our body memory with the help of somatic markers, and can literally feel it as soon as we become afraid.

Depending on how our childhood, our youth, or our whole life so far has gone, we are marked by beautiful, less beautiful or unpleasant experiences. Deeply anchored in our emotional memories, our life experiences also control our thoughts. This is also the reason it is almost impossible to rethink one's own negative thoughts. Our deeply rooted emotional colouring does not allow for it.

Therefore we experience situations for which we have no solutions again and again, do not get ahead, and end up staying on the spot. While others pass us by and almost playfully pass the hurdles we surrender to, we ask ourselves: what is actually going on with me?

The answer is simple: we are the sum of our experiences. Our experiences teach us that we won't overcome many hurdles. Victory is not only uncertain for us, in this case it will certainly not be ours. For this, the essential somatic marker, which lets us fail and retreat, would have to be processed, and in the best case, erased.

Imagine what you could do if you were able to change your thinking and acting on an emotional level.

With the help of EMDR self-coaching, we are able to have a positive influence over our body memory and emotions, and thus on our lives. More so than one would suspect. What could be more precious than our old emotions taken from negative experiences, which today set us unconscious but noticeable limits, transformed into valuable experiences in order to go new ways?

Wait. Unconscious and yet perceptible? Isn't that a contradiction? No it's not! Even if we do not overcome a border due to physical sensations, because we feel resistance, something holds us back, or we don't even try, this border does not have to be conscious to us. We simply do not cross it without noticing it, instead walking along well-trodden paths, as so often is the case in life.

Do you also feel such moments? I most certainly do!

I would like to tell you a short personal story. As a boy, I was always teased at school because of my nose. The nose of the actor Karl Malden was always used for comparison. He starred, next to the young Michael Douglas, in the television series 'The Streets of San Francisco'. Mr. Malden had a very big nose. It was very noticeable. It was not really beautiful - just try googling 'Mr. Malden's nose was really big'. The statement that my nose was similar was certainly not meant in a nice way, and was not to be interpreted as praise, especially not by a boy of 10. It simply hurt to be teased all the time.

30 years later, I was in a workshop where we used EMDR to strengthen our own self-image. My coach at the time asked me, in front of the group while I was standing in front of a mirror, "What don't you like about yourself?"

I didn't need a second to answer, "My big nose! I can't stand it!"

The members of the group looked at me as if to say they shared this opinion, and my tension increased. I felt like I was back in my 4th grade classroom. I felt a little tear make its way down the side of my face.

What happened at that moment? My body memory responded and made sure that I would not forget my experience at that time, which had taken me with it emotionally, and could possibly harm me again. Somatic markers deep inside me transmitted the evaluation of my current situation in fractions of a second, which affected whether I felt safe or not. My emotional memory sent a clear NO.

As I said before, our lives depend significantly on what we have experienced and learned in the past. Our self-image depends on it and our beliefs, especially the negative ones, draw their energy from it.

It so happens that our own thoughts about ourselves are not positive. Who doesn't know self-doubt?

So, what can we do about it?

I'll tell you something: our self-image can be influenced and changed more quickly and easily than most of us think. Self-coaching with EMDR is an extraordinarily good way to make peace with your supposed mistakes and negative views of yourself.

Remember: it is never too late for the love of your life - the love you give to yourself!

I have liked my nose ever since; it suits my face!

Halt Your Negative Beliefs

As was said before, the idea that someone holds of themselves significantly influences their thinking, feelings and actions. This idea of oneself is made up of one's self-image, one's ideal image and the image of others reflected in one's surroundings. The more these three images are in agreement with each other, the more authentic the human being appears, the more efficient they are, and the more they enjoy their life.

It is important to realize that it is always a question of an idea; an interpretation of these pictures of oneself. That is, as it so often is, the crucial point. Nothing is, *in itself*, like that. It is always the individual who interprets the situation or the picture.

We become aware of this when we see that our point of view can change over time, sometimes within just seconds. It is a constant comparison of our sensory impressions and our interpretation of them.

People often find that they are unsatisfied with themselves - and by this they mean their own self-image. They would prefer to be the way they want to be, their desired image. This may concern abilities or physical attributes. Most people are familiar with these expressions of self-evaluation:

"I am too fat!
"My legs are too short!
"My breasts are too small!"
"My nose is too big!"
"My butt is too fat!"
"I'm too ugly!"
"I'm just too stupid"
"I'm not smart enough"

And so on and so forth. The list of external and internal self-deprecating beliefs is very long. It is understandable that it can be extremely helpful to change personal and disparaging beliefs about one's own self-image. The result is an uplifting and affirmative attitude to life.

The perceived flaw in one's own body or 'being' is obvious, and often accompanied by a high level of dissatisfaction.

With EMDR, this feeling of inner dissatisfaction can be reduced. Just making this small change leads to a new and more positive perception of one's own self. This self-image is upgraded, and begins to approach the desired image.

Self-confidence is connected to this, which allows us to assess our individual abilities and performance potential, with regard to the demands of life which are to be met. This assessment then results in either concern due to the threat of excessive demands or a feeling of empowerment. Just feeling 'capable' paves the way to a goal-oriented life, because we more often consciously take the development of

our lives into our own hands than when we are haunted by self-doubt, doubts that want to convince us of our supposedly low aptitude and control, as well as of our exaggerated sense of dependence.

We Can Resolve Mental Blockades Ourselves With EMDR

Let's remember: we are already gathering experience when we take our first breaths. We are constantly preparing and learning for our future lives. Our brains store everything, every event. The lessons learnt have a decisive influence on our lives, in such a way that our experiences and our decisions shape our every day behaviour. If we were to experience only positive things, our performance potential would be almost inexhaustible, built up through these successful experiences. Hardly anything would frighten us, and only very few things would instill fear in us. Each year of life would increase our strength and drive for action, which we have spared from negative experiences.

But the reality for most of us is different. From childhood on, we are exposed to countless conflicts, which flow into our emotional memory. Many of them accompany us for a lifetime and remain unconsciously in our innermost being, and are able to influence our current existence. The more our individual experiences are shaped by negative experiences, the more they can have a negative effect on our success. In these cases, we make decisions based on our old and negative experiences. These are different decisions

to those we would have made without those mental burdens, because our behaviour is programmed to protect us in the best possible way.

This protective function recalls strategies to avoid repetition of a stressful situation. Over the years, a person who has had to cope with the usual numerous challenges has numerous avoidance strategies at their disposal. These strategies remain active, even if the event that caused them in the past was unique, and a repetition of it is almost impossible. Unfortunately, the recurring application of avoidance strategies does not, in most cases, lead to the desired results. More often, it can lead to performance blockages, which can severely restrict an individual's scope for performance and action. As a result, avoidance strategies increasingly dominate everyday life, and are glossed over as a comfort zone. Performance blockages caused by worries that can arise before an exam, before flying, before a speech or before a presentation are just a few examples. Separations, existential worries and disappointments in life can therefore leave deep traces of memories.

Each time a negative experience comes very close to us, it weakens our performance potential. Different negative events connect, intensify the stress on the person and weaken them further. Unprocessed stress outweighs success. It is important to understand that this is not about the reaction of a 'sick person', but about the protective mechanisms of a healthy person.

The aim is therefore to remove performance blockages, and free us from stressful and debilitating memories.

With EMDR, and especially with EMDR self-coaching, the emotional imprints can, in many cases, be dissolved step by step, which can give us back our full performance potential.

Overcoming Fear with EMDR Self-Coaching

Reactions of fear sometimes manifest themselves as quiet sensations, but in most cases fear overwhelms us with a multitude of symptoms that almost take our breath away. When we are haunted by our fears, it feels as if they are deeply rooted in us; as if they have always been a part of us.

Nevertheless, in most cases our fear is learned. The causes may lie far back in our past, so much so that we can hardly remember them. The good thing about this is that we can unlearn what we once learned.

The objects, things and situations which we fear are as numerous as they are different.

Fears occur in many forms. There is fear of great heights, of spiders, of exams, of flying or of the dentist. But appearances too can make us afraid.

The amygdala has a great influence on the "learning" of fears. The brain area (also known as the amygdala) as part of our limbic system and the centre of fear, stores and controls anxious behaviour. Our amygdala, which uses somatic markers to create and control our emotional experiential memory, especially our fears, decides what we are afraid of and how much we are afraid of it.

How exactly do we learn a specific anxiety?

According to the American psychologist Orval Hobart Mowrer's 1947 two-factor theory, we learn fears in two steps. It took another 60 years for Antonio Damasio to postulate his theory of somatic markers, which functionally supplements and refines this explanatory model with the results of modern brain research.

If we, for example, experience a situation that overtaxes us while at the same time feeling strong, stressful and unpleasant sensations (such as pain, shame, guilt or disgust), the experience and the associated physical excitement are stored in the body's memory; in this case, as anxiety.

The emotional and physical excitement of the past play a very important role. Somatic markers will make the event emotionally (and consequently, physically) memorable in similar situations with approximately the same intensity, even after years. We then feel fear.

Excitement level influences later anxious behaviour

Depending on the level of excitement that occurs, our emotional experience memory is "charged" with energy. Accordingly, our reactions of fear manifest themselves differently. While our looking out from the 3m jump tower (only) awakens a queasy feeling in us, making us attentive, the thought of the upcoming test drives the sweat on our forehead, makes our heart beat wildly. An accompanying

learning blockage can then cause a lack of learning ambitions.

Depending on the degree of the emotions experienced, the REM sleep phases are prevented in the sleep cycle that follows such an event. We are literally torn out of sleep by the re-experience of the event, usually at night.

This has far-reaching consequences, because REM sleep has been identified as the sleep phase which allows us to process our experiences cognitively and integrate them into our brains as articulated memories. REM sleep is therefore exceptionally important for nocturnal recovery.

EMDR allows us to make up for the missed REM phases and unlearn our fear

Originally developed as trauma treatment therapy, EMDR is now also used in the coaching of countless everyday situations. Particularly in EMDR self-coaching, it enables the user to react quickly to emotional and mental stress.

Thanks to EMDR self-coaching, fears can, in many cases, be forgotten again. The reaction to fear is usually greatly reduced. The unpleasant and stressful feeling of fear transforms into a tolerable feeling of conscious awareness in similar situations in the future. Cognitive abilities in particular reappear in the foreground for the first time. This allows us to re-evaluate situations once filled with fear and enables us to develop helpful strategies and solutions.

If we are still dominated by our old anxiety behaviour, we primarily try to avoid situations filled with fear. After EMDR self-coaching, the options for action usually increase noticeably.

Thanks to the cerebral reintegration of the former fear-triggering experience through EMDR, our emotional experience memory remembers and reacts in a new functional way in the future. The somatic markers no longer convey "naked fear and panic", but send a message of bearable content that we can absorb more calmly, and which lets us act consciously: a sign that we have forgotten our fear.

EMDR

EMDR is an acronym for Eye Movement Desensitization and Reprocessing. In 1987, US psychologist Francine Shapiro made the discovery that psychological sensitivities and disorders can be influenced by fast eye movements.

Shapiro noticed that as soon as she thought of a disturbing thought, fast horizontal movements of the eyes helped to reduce or even dissolve the emotional and mental strain associated with the thought. In her opinion, these eye movements seemed to be responsible for the negative thought disappearing from consciousness. In the future, she would perform fast eye movements as soon as she noticed a negative thought. Because she noticed positive changes, she began to experiment with such induced eye movements with acquaintances and friends. Her successes encouraged her to continue her research until the end of the 1980s, when she developed the EMDR process as a form of psychotherapy for the treatment of trauma disorder. Eye Movement Desensitization and Reprocessing can be used to treat trauma sequel disorders in adults, adolescents and children.

EMDR contains elements of numerous effective psychotherapy approaches, which are used in a structured way to achieve optimal treatment results. These include body-therapeutic, interpersonal, cognitive-behavioural and psychodynamic/deep psychological elements. Within the framework of EMDR therapy, it is also a matter of building

up psychological strength and dealing with traumatic experiences, which are involved in the triggering of numerous mental illnesses.

How Does EMDR Work?

It is believed that Eye Movement Desensitization and Reprocessing directly affects the neuronal pathways in the brain which are essential for healing. The main principle of this method is bilateral hemispheric stimulation, an alternating stimulation of the right and left hemispheres of the brain. This can be done through tactile stimuli such as short touches and acoustic signals or visually through rapid eye movements, while visual stimulation regularly proves to be the most effective and successful form of stimulation.

The theory is that bilateral stimulation - the main EMDR method intervention - causes both hemispheres of the brain to work together, and thus to better process traumatic experiences. And similar to the REM phases of night sleep, fast eye movement activates the self-healing forces due to the optimized cooperation of both halves of the brain. This often makes it easier to process burdens. Memories of traumatic experiences and the associated physical excitement usually fade away through treatment with EMDR, while positive thoughts are able to make their way to the emotional level.

Treatment using bilateral stimulation is used today to overcome trauma, phobias and fears, and to support the

mourning process. The last two areas of application show that EMDR is also being used more and more in coaching. In many cases, reactions to both fears and grief are normal emotions for a healthy person to react with to a stressful experience.

Furthermore, it is assumed that the application of EMDR can dissolve blockages in the brain and integrate misstored information, which also supports the process of coaching everyday challenges.

Is EMDR Effective?

The affirmative answer to this question is, of course, crucial.

- EMDR is scientifically recognized. The Scientific Advisory Board for Psychotherapy recognized EMDR intervention as a scientifically based psychotherapy method in 2006. As an effective method for the treatment of post-traumatic stress disorders (PTSD), EMDR is also internationally recognised by all main scientific guidelines (NICE, 2005; AWMF, 1999 - 2009).
- According to numerous reports, many patients who have undergone EMDR treatment for post-traumatic stress disorder feel significantly relieved afterwards - and this is after just a few sessions.
- Therapists who use EMDR in therapy routinely say that the method is often more effective than other

therapeutic methods. Particularly in serious cases, the success rate of Eye Movement Desensitization and Reprocessing is particularly high, and the patient's condition improves quickly in many cases.

- In a survey of 445 therapists trained in EMDR, who had treated more than 10,000 patients together, 76% of the respondents are said to have confirmed the higher effectiveness of EMDR intervention when compared to other forms of treatment already being used. Only 4% found EMDR phases to be less effective.
- According to research, the use of Eye Movement Desensitization and Reprocessing achieves the same effects as other treatment methods in less than half the time.

EMDR In Therapy

People seem to have an information processing system in their brains, tasked with the processing stressful experiences in such a way that mental health is not negatively affected. When a person experiences stressful or unpleasant experiences, they usually deal with this by talking or dreaming about their experiences. This continues until the experience is no longer worrying, and a state of adjustment has occurred. Together with adequate feelings, these experiences are stored in the brain so that this information can be retrieved at a later point in time. The inappropriate sensations that arose during the event, the false convictions about ourselves, as well as the

corresponding physical emotions, are dropped and sorted out in this form of processing.

However, the processing system can fail this service in particularly traumatic and stressful situations. Everything that the affected person felt, smelt, heard or saw at such a terrible moment is usually discarded in a disordered way in their memory. Such unprocessed perceptions are stored using somatic markers, and can be reactivated at a later point in time by a minor trigger. Even years after the traumatic experience, the affected person can still feel as if they are in that moment. Such a re-experience, which clearly differs from a mere remembrance, can be extremely agonizing.

Within the framework of an EMDR intervention, the aim is to eliminate this storage in the body's memory, which took place by means of emotional body markers (somatic markers) directly in the brain, and to enable the processing of traumatic experiences, combined with their healthy integration into our memory system. At the same time, the information processing system is activated and stimulated.

In most cases, the stimulation of this system takes place in the EMDR process with rapid eye movements. The background for this is the observation that our sleep usually contains at least one or two sleep levels, which are characterized by rapid eye movements (and thus obtained their moniker, REM sleep). According to previous scientific findings, REM sleep is particularly important for

the processing of emotionally and mentally disturbing material.

REM is an acronym for Rapid Eye Movement, and is indicative of the sleep phase which features rapid eye movement. The great similarity between bilateral stimulation by rapid eye movements and REM sleep is obvious.

The Eight Phases of EMDR Protocol

The complete process of a round of EMDR treatment consists of eight EMDR phases, which can be modified accordingly in the case of complex traumatic disturbance images such as extreme neglect, and physical or sexual abuse.

In order to be able to treat the entire clinical picture identified in the diagnostic phase, various techniques are used in the structured processing of the eight phases of the EMDR process.

Following anamnesis, a stabilisation phase and an evaluation phase in the processing phases, the memories which have been triggered are first focused upon and worked on, followed by current triggers and any remaining negative future visions of the client. Treatment with EMDR - Eye Movement Desensitization and Reprocessing - can lead to a significant improvement in emotional situation, sometimes after only four or five sessions.

A therapy session usually lasts between 50 and 60 minutes. Depending on the requirements and the planning of a session, another can follow immediately, in order to adapt the treatment to the scope of the topic and complete the EMDR process in one go.

As mentioned above, the 6 steps of the EMDR self-coaching method differ from the 8 regular phases of the EMDR process. In this book, I will not elaborate on these 8 phases, to ensure that they are not mistakenly used for a self-coaching session.

If you would like to learn more about the 8 phases, you can read more about them online, using the following link.

Somatic Markers

The term ‘somatic markers’ refers to the body's own signalling system.

In order to better understand EMDR’s modes of action, it is helpful to take a closer look at the well-known theory of somatic markers.

Somatic markers provide us with a continuous emotional assessment of our current life situation, in fractions of a second. The name was invented by the Portuguese neuroscientist António Damásio. His theory of somatic markers is known across the world.

Somatic Markers Form Our Body Memory

According to his theory, we humans store our life experiences, right from when we are newborns, as emotional experience memories. Everything we have experienced so far leaves an emotional trace in our bodies. Countless decisions, made every day, are categorised as good or bad emotionally, helpful or non-helpful in the decision-making process, with the help of this body memory. Somatic markers act as a signalling system. Ultimately, it is these emotional body markers that we perceive in ourselves, such as imagining alternatives when making a decision. They help us to exclude emotionally unacceptable options from the outset.

We can also experience our somatic markers in action through the mere perception of situations: almost every one of us knows that a certain person, scent, song or situation can bring about a physical reaction. In such moments we perceive sensations (changes in body state) somewhere within ourselves. Our physical memory makes itself noticeable in order to communicate its evaluation to us.

Previous experiences flow into our future decision making through our emotional feedback and influence our lives in, for example, the form of mental blockages.

Since it is the somatic markers that make us perceive our emotional experiential memory in the first place, both terms are often used synonymously.

Somatic markers thus form our body's automatic evaluation system. They are the ignition for the departure, or sound the alarm. Our learned reactions of fear are thus stored and triggered with the help of this emotional memory.

According to António Damásio, in 'learning' the somatic markers, both the special brain region known as the amygdala (which is also primarily responsible for the development of fear) and the prefrontal cortical fields play decisive roles.

How Somatic Markers Affect Our Lives

Somatic markers become noticeable with the help of bodily reactions of varying strengths.

Often, a situation (external stimulus) will only cause goose bumps, while another will lead to great discomfort. Why is this? Obviously, the body energy of the somatic marker depends on the original emotional state of excitement during the specific experience.

When acquiring a somatic marker that creates a new experience in our body memory, ‘marking’ and evaluating it emotionally in the future, the body’s original state of excitement during the experience has a decisive influence on the body’s later reaction.

This experience is normally integrated into our non-emotional cognitive memory while we sleep, and especially during REM sleep. Thus, experiences are not only evaluated emotionally, but the cognitive player which makes the access to our mental resources possible, is also present.

If, for example, we find ourselves in a situation which we know, albeit unconsciously, we quickly receive an emotional evaluation from the relevant somatic marker, which we can then further process with the help of our cognitive abilities. Therefore it is usually also possible to slow down the reaction initiated by the somatic marker, and to make a conscious action using our own thinking.

Reflexes can thus be reconsidered and replaced by new intentional behavioural strategies.

Given a certain level of excitement, however, it is possible that the experience overtaxes our body's own processing mechanisms.

For example, accident victims, war veterans and victims of a raid had to experience a situation in which they were extremely heavily burdened, possibly even confronted with death. At the same time, the body would likely have found itself in a state of extreme emotional excitement, an absolute state of emergency. These people often experience trauma.

In many trauma patients, the usual processing of the experience can be observed to be interrupted during REM sleep. An increased level of excitement during a dream often leads to the subject waking up. In this situation, restful REM sleep does not occur, and the cognitive processing of the experience endured, which usually takes place during this REM sleep phase, cannot occur.

If there is no integration into the cognitive memory, the emotional experiential memory does not have its cognitive partner available for this special event. This can lead to violent reactions in similar situations, as the somatic marker communicates its emotional evaluation unfiltered.

From an evolutionary point of view, which should ensure the continued existence of every living being, this kind of

reaction makes sense. A strong emotional reaction with equally strongly perceived body sensations is intended to warn against similar situations. Often, people experience these kinds of powerful and simultaneously unpleasant reactions in moments of fear. Furthermore, such exuberant emotional body markers can often lead to mental blockages.

Rapid Eye Movement - On The Trail of REM Sleep

Our sleep is divided into several phases which alternate during the night. In addition to the deep and light sleep phases, rapid eye movement sleep is very important too, especially for our well-being. But what makes this sleep phase so special?

The most typical characteristic of REM sleep can be found in the name of this sleep phase itself. REM stands for Rapid Eye Movement, which describes the rapid movements of the eyes under the eyelids. The REM sleep phase is characterised by a slackening of the muscles, and increased blood pressure and pulse rate. REM sleep is accompanied by brain wave activity of 4 to 8 Hz, which is significantly greater than when we are awake. During the REM phase, the body gratefully finds itself in a state of paralysis in order to prevent the movements experienced in the dream from taking place in real life. The only exception is the eyes, which are controlled by special nerve fibres.

In contrast, during the Non-Rapid Eye Movement phase (also known as NREM or NON-REM sleep), as a counterpart to Rapid Eye Movement, both blood pressure and body temperature decrease, and the sleeper hardly dreams. A hypnogram showing a sleep profile during the night's rest shows the duration and sequence of the individual phases of Rapid Eye Movement. During the night, the phases of Rapid Eye Movement sleep take place about 3 to 5 times, according to the hypnogram, and follow the deep sleep phases. Sleep profile studies have shown that the first REM phase occurs about 2 to 3 hours after falling asleep, lasting only about 10 minutes. Analysis of the sleep cycle has shown that the second REM phase is about twice as long. Towards morning, the REM phase lasts for around one hour. Late risers often dream for up to 2 hours. If the sleep lasts 7 hours, then half of the dream phases lie in the final two hours. In adults, Rapid Eye Movement sleep takes up about 20 to 25% of the total sleep time. Newborns spend more than 50% of their sleep in the REM phase. Younger sleepers and older babies are more likely to wake up at the end of an REM phase.

Dream activities can be detected at any sleep stage. However, the intensity of these activities can vary considerably from phase to phase. Experiments with volunteers have shown that dreams are strongest during Rapid Eye Movement sleep. Those who wake during REM sleep can remember their dreams very well. Those who woke up during a non-REM phase, on the other hand, had no memory of it. Rapid Eye Movement sleep is

characterized by very intense brain activity, reminiscent of wakefulness.

The discovery of the REM phase dates back about 50 years. In the past, scientists assumed that nothing would happen during sleep, and that therefore there was nothing to investigate. In 1953, sleep researcher Nathaniel Kleitmann and his doctoral student Eugene Aserinsky, together with a research team in a sleep laboratory, successfully refuted this, and this was the year in which the researchers discovered REM sleep. Since then, research has provided more and more information on how REM sleep affects our well-being.

How REM Sleep Influences Our Well-Being

Although REM sleep and its significance cannot yet be fully explained (and research on the subject continues), it is assumed with the greatest possible certainty that Rapid Eye Movement plays a decisive role in the storage of information in long-term memory, and in the processing of experiences. It is obvious that these processes in the brain are frequently affected by sleep disorders. The consequences are often noticeable states of mind in everyday life, such as stress and restlessness, worries and sorrows, a lack of decision-making ability, and even dwindling self-confidence. Emotional and mental fitness suffers. During the night, REM sleep is used to overcome fears, solve problems, create new associations and reduce stress.

Psychologists at the University of California found out that the sleep stage of the Rapid Eye Movement also gives rise to creativity, and allows fantasy to unfold unhindered. Test subjects who had fallen asleep during their midday rest could continue word sequences and find analogies more quickly. Sigmund Freud once hypothesized that dreaming is a form of tidying up and selecting in one's memory, which was certainly a trend-setter. The fact is that REM sleep is indispensable for memory formation and our mental and emotional balance. Finally, tests in sleep laboratories have shown that after a repeated shortening of Rapid Eye Movement sleep, we are noticeably mentally and physically exhausted.

When REM Sleep Phases Are Missing

The actual eye movement during REM sleep is extremely important for our recovery.

The absence of the REM sleep phase and thus of rapid eye movement leads directly and quickly to exhaustion. This can be clearly observed during drug-influenced sleep, which demonstrably lacks the important changes between the different sleep phases, including the REM sleep phase, with its rapid eye movements forming a decisive component of these sleep phases. Sleep under drugs brings to mind the effect of awakening from a 'coma. Many people are familiar with the 'hangover' awakening which follows the administration of drugs.

Moreover, if Rapid Eye Movement sleep is suppressed over a longer period of time by taking pharmaceuticals, this leads to a noticeable and severe deterioration in our general well-being and performance. If such drugs are later discontinued, a so-called rebound phenomenon can occur; an expression of the urgent need to catch up on Rapid Eye Movement sleep.

In 2002, sleep researcher Robert Stickgold examined traumatised Vietnam war veterans. While they experienced their terrible war experiences again and again in nightmares, Stickgold could not identify any REM sleep phases. After successful EMDR treatment of the traumatised, which cured them of their trauma and allowed

them to experience restful REM sleep phases without disturbances again, he concluded that there are clear parallels between the rapid eye movements of REM sleep and the fast eye movements consciously initiated in the waking state during an EMDR intervention.

In short, anyone who wants to be well prepared mentally and emotionally for everyday life and any other challenges should ensure a balanced night's sleep, with plenty of REM sleep. However, it is also true that the regular execution of fast eye movement in the waking state, such as that which occurs during EMDR self-coaching, has extremely positive effects.

Stimulative Effects Of EMDR

The positive effects which can be gained through EMDR, which can be applied in self-coaching thanks to REMSTIM 3000, are shown here as examples. Each user's reaction may be different:

Shortly before application, the related topic is still very present and the individual feels at the mercy of the situation. Sometimes it takes great effort to move oneself through a more liberating experience, as the topic occupies and influences so much free will and desire for relaxation.

With the first application of Rapid Eye Movement Stimulation, especially when using the REMSTIM 3000, the beneficial stimulation effects from coaching methods such as EMDR can, in many cases, quickly develop.

While the eyes continue to follow the light signal, several things can happen almost simultaneously:

- Whatever inner images the thoughts contain are banished. They fade, and lose threatening dimensions. One feels oneself pleasantly distanced and less involved.
- The theme appears in a new, more positive light. Individual connections and personal evaluations suddenly become more pleasant.
- Spontaneous associations appear before the inner eye and allow for previously unimagined positive reinterpretations of situations. Even unchangeable

beliefs, which have so far caused only rejection, are able to now appear neutral or even satisfactory.

- Emotions change, and many users notice how negative physical feelings begin to leave, wandering through the body and changing. Ultimately, they end in comforting relaxation.
- The body is thankful, experiencing liberation, stretching itself and breathing deeply. This creates yawns, smiles, and even laughter. Sometimes the subject will even cry, only for it to end shortly afterwards with a feeling of relaxation and calm.

These effects usually occur during the first applications of the REMSTIM 3000.

Even after this stimulation, the anabolic effects can continue:

- The topic fades further, until some even have to try hard to remember it, wondering how it was that they were unable to think of anything else just a while before. The once unfortunate matter has not been forgotten, but perhaps it no longer seems important enough to be faced with overwhelming concern. Solutions and actions, if necessary, become easier to apply.

Last but not least, it can have an after-effect during the next night's sleep. It seems as if the once-usual nocturnal REM phases take over the function of the simulated Rapid Eye Movement stimulation, and continue to affect stressful memories. Active dreams may occur during this sleep.

In many cases, the next morning brings a particularly fresh and rested feeling upon awaking.

Correct Visual Stimulation Is Essential For The Effectiveness Of EMDR

Without a doubt, rapid eye movement is the key element of the EMDR method.

Stimulation by auditory stimuli or touching of the shoulders or knees is also occasionally used. Ultimately, however, visual stimulation (inducing fast eye movement in the client*) is probably the most effective form of stimulation. Without the intervention of rapid eye movement, processing would be difficult. Neither auditory stimulation nor "tapping" are as effective, in my experience of over 10 years.

But even with visual hemispheric stimulation, caution is required. Incorrect execution of fast eye movement can reduce or even prevent the effects of EMDR.

What has to be considered when performing fast eye movement during an EMDR session?

Supervision with coaches and therapists repeatedly shows that complications in sessions with clients are often accompanied by the incorrect execution of rapid eye movement.

Which aspects of visual stimulation need to be carefully considered?

The following parameters have a decisive influence on the effectiveness of EMDR intervention with rapid eye movement:

Duration of eye movement: If eye movement is performed too briefly, stressful memories cannot be processed or are processed incompletely, increasing strain on the client. In such a case, repetition of the stimulation by rapid eye movement is necessary in order to continue the process initiated and ultimately lead to a satisfactory result, which is the well-being of the client.

Speed of eye movement: It has often been observed that eye movement is carried out much too slowly. Even if the client has difficulties in performing rapid eye movement at first, it is still necessary that eye movement is performed quickly and smoothly. In most cases, the flexibility of eye movement improves after a short time. The speed of eye movements varies from client to client, and so each client should choose the highest speed they are comfortable with, in order to support the process in the best possible way. If eye movement is carried out too slowly, the processing of the stressful topic can become more difficult, with the EMDR process coming to a standstill.

Range of eye movement: The range of eye movement refers to the outer markings to which the eyes are guided alternately to the left and right. These outer markings differ

from client to client. If the range is too narrow, the effective process is likely to be impeded.

Frequency and repetition of eye movement: The processing of the stressful topic is accompanied, in the same phase, by multiple repetitions of rounds of eye movements. Again and again, the client focuses on their subject, perceives their emotions and traces their body sensations, in order to process them again with fast eye movements. As soon as the client has finished the fast eye movements, they should answer the question "What is happening now?" However this appears to them, they continue with it and begins working through it again. This cycle of the process is repeated until the client feels little or no stress. Also, if the process is stopped too early, there is a high risk that the client will get stuck in the process.

Mistakes such as head movements, which reduce or even prevent the movement of the eyes

The above 5 points are obvious sources of error. Faulty execution can destroy the effects of an EMDR intervention with fast eye movement. Therefore, in EMDR therapy or EMDR coaching, it is the therapist's or coach's responsibility to control visual stimulation with rapid eye movements. For this purpose they guide the client by waving before their eyes. Usually, they wave their hand with two fingers stretched in front of the eyes of the client, who should follow with their eyes. The therapist or coach chooses a distance that is comfortable for the client.

The therapist or coach usually controls fast eye movement.

The therapist or coach thus ensures that the fast eye movements are correctly applied, with regard to duration, speed, eye movement range and repetition. They also make sure that the client does not move their head. Observations show that it is almost impossible for a strained client to perform fast eye movements correctly without an external impulse.

If it were so easy to carry out the fast eye movements correctly, an external guiding stimulus could be dispensed with. A prompt such as "please move your eyes now!" would be sufficient. However, this does not work! Even in a stress-free state, it is difficult for EMDR trainee therapists or coaches to guide the fast eye movements correctly. It is almost impossible for the client, in their emotionally charged situation, to control the correct execution of their eye movements.

Hardly any client would be able to perform the eye movements correctly. As a result, countless clients would be disappointed and firmly believe that EMDR does not work.

In self-coaching with EMDR, an external stimulus is essential.

Especially when self-coaching with EMDR, the self-user that must execute their fast eye movements correctly in order to achieve the desired effects. To make matters worse, in self-coaching there is no coach available who could point out these mistakes.

During development of the EMDR self-coaching method, it quickly became apparent that visual stimulation had to be controlled by an external impulse in order to avoid mistakes. In self-coaching, the self-user goes through the 6 steps of EMDR self-coaching alone. They also perform the eye movements at the specific moment, as per the instructions.

There is no question that, at this moment, the fast eye movements must be carried out correctly and repeatedly: i.e. fast, flowing, with sufficient range and sufficient duration. Without external stimulus, the user would have to guide their own eyes movements over a fairly long period of time, with frequent repetitions. At the same time, however, they should perceive their inner changes regarding their subject, emotions and body sensations.

EMDR Glasses REMSTIM 3000

The REMSTIM 3000 was specially designed for the application of EMDR in self-coaching and the associated Rapid Eye Movement Stimulation. The self-coaching glasses are handmade in Germany. The coordination of their functions, individual adjustment options and easy operation make the REMSTIM 3000 an effective and proven self-coaching device.

Their small, compact and light construction make usage possible while on the go. This small and professional device for self-coaching weighs less than 100g with battery.

The chip-controlled electronics of the REMSTIM 3000 are completely contained in elegant housing, so that cables and additional operating elements can be dispensed with.

As the personal eye movement flexibility of the user varies, the stimulation parameters can be individually adjusted. The most recently used setting of the stimulation parameters is automatically saved by the chip for the next application.

Micro LEDs generate a fine light pulse that controls the movement of each eye individually but in a coordinated manner during application. The 2 x 3 vertically arranged LEDs signal the beginning and end of a 30-second

application. Read more about this under 'Operation of the REMSTIM 3000'.

The horizontally-running light signal, which gently stimulates eye movements, can be easily and quickly adjusted during application for eye excursion and speed of stimulation using two buttons, for personal well-being and the optimal effectiveness of the stimulation effects. Special attention has been paid to the choice of light colour and brightness to make the visual stimulus as stimulating and pleasant as possible.

Self-Coaching or Coaching with a Coach - How to Decide?

Those who wish to free themselves from negative emotions and stressful thoughts usually choose one of two options; either seeking help from a third party or trying to help themselves.

Whoever decides to visit a coach has taken the first approach and sought advice from an outsider. Those who decide upon self-coaching would like to free themselves from an unfortunate situation. Whichever way they choose, it is usually accompanied by the desire for immediacy. Whoever has made the decision to change something usually wants that change to appear directly, and why would they want to wait?

With self-coaching, there is no need to wait. When using a coach for the first time, the same is not true. Now is the time to answer some specific questions:

Questions regarding use of a coach:

1. Who can help me?
2. Do I know a coach, or someone who can recommend a coach to me?
3. Is this coach suitable for my needs?
4. Am I, at this moment, able to reach my coach, and do they have time for me now?

5. How long do I have to wait for an appointment with my coach?
6. How long do I want to wait for an appointment? What will it mean for me if I have to wait days or even weeks for an appointment with my coach?

Those who have found the right coach for themselves and their personal concerns, someone who can offer appointments promptly, have found the right contact person. For some topics, the professional "top view" of a coach or a therapist is of course highly recommendable, and perhaps even unavoidable.

Our everyday sensitivities are particularly suitable for self-coaching.

It is, however, often the small and recurring stresses and strains of everyday life that are the cause of our problems, but those which we do not think to be sufficiently explosive to talk about with a coach, spending money on them. What a pity this is, because it is precisely these small topics that affect our daily being. It is particularly worthwhile here to effect a positive influence with self-coaching.

In such cases, EMDR self-coaching is an excellent way to work on such a topic, in a short time, in a self-coaching meeting. We do not have to wait, and can get involved immediately and authentically.

With the help of the EMDR Glasses REMSTIM 3000, 2-3 applications lasting 30 seconds each often help to open oneself up to a new point of view, and thus to soothe and rearrange one's own emotions. And one must think, what is one and a half minutes of "guided eye training" compared to a whole day spent in a bad mood?

Naturally, some questions follow with self-coaching. Anyone who wants to coach themselves may want to answer the following questions:

1. Is it my own decision to coach myself on this topic?
2. Am I currently resilient enough to endure any additional burdens which may occur while coaching myself on this topic?
3. Do I feel that I am in a mentally and emotionally stable state?
4. Would I like to work on the stressful topic alone in an EMDR self-coaching session, without professional help from a coach or therapist?

Ultimately, we must not forget that use of EMDR in the past has often shown that the method can bring about long-term positive changes in us. According to the functional EMDR model, even the smallest traumas from the past, which often unfortunately manifest themselves in stressful states of mind, can be tackled and resolved. Our own fears of everyday life can, in many cases, be reduced, and the resulting barriers to action can finally be broken down.

New paths then usually open up by themselves. (see also: 'Stimulation Effects of EMDR')

To summarise: regular self-coaching with EMDR cares for and strengthens our emotional and mental constitution in a noticeable way, and what gets 'stuck' can be discussed at a special appointment with your personal coach!

EMDR Self Coaching: The 6 Steps

On the following pages, you will find effective instructions on how you can use EMDR self-coaching with the REMSTIM 3000 to your best advantage. It will support you in coaching your own topics, personal emotional and mental burdens for you, in a particularly careful way.

Please note that for some topics and issues that concern you in a particular way, it may be advisable to consult a coach or therapist of your choice. Please take the time to read the important information.

During self-coaching, you will be asked to note how you feel about a topic on a scale such as the one shown below.

Why Estimating Our Stress Level is Important

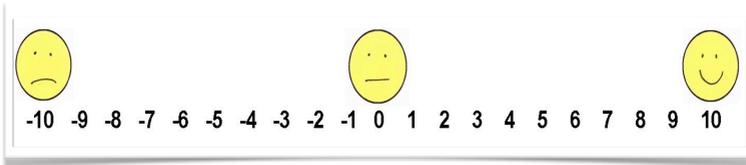
I admit that the question: “To what extent do you feel affected by the subject now?” is one that sounds somewhat stilted. But since this question is supposed to be precise, this formulation has in fact proven its worth. This alone increases participants' attention. I could also formulate the question in the following way: “How high is your current level of stress if you think about your chosen topic?”

Some people, however, don't feel burdened by their topic, but perhaps simply feel uncomfortable. To speak of a burden would, therefore, be incorrect. In contrast to

coaching, in therapy one can very well assume a strain; but more about that later.

Regardless, it would be wrong to ask: “How do you feel when you think about your chosen topic?”, because here, it is clearly about the extent, the degree of feeling, while the subject is in front of your eyes. Your own perception of your own inner emotional state is what is to be quantified here.

In EMDR self-coaching, we use a scale from -10 to (+)10.



While -10 represents the worst imaginable burden, 0 symbolizes a neutral emotional state. 10 denotes a state that cannot be improved: it is the best possible feeling!

The classic EMDR protocol uses a scale from 0 to 10, in which 0 is no load and 10 is the maximum load.

Since the classic EMDR protocol is used in therapy, this scale from 0 to 10 is sufficient. After all, therapy is usually about estimating the degree of discomfort. EMDR was developed by Francine Shapiro and comes from the USA, and the origin of this scale is called subjective units of disturbance (SUD).

In coaching or self-coaching, however, we often experience positive emotions, albeit usually only after an EMDR self-coaching application, and it is important to perceive and evaluate these emotions too.

Why is it important at all to estimate and note the extent of the subjective touch?

The discussion and evaluation of one's own emotions alone is something which supports the personal maturation process, because we notice that personal uneasiness can assume a different degree.

Stress with your boss could correspond to a -3 on our scale, while an accident on the road in one's own vehicle could represent a -5.

If we then take on an individual topic in EMDR self-coaching and reassess the degree of stress after self-coaching, we will usually find that there has been a reduction in perceived stress.

The assessment of the extent of our discomfort before and after a self-coaching session makes us aware that we are not at the mercy of our emotions, and that we can successfully help ourselves.

The awareness that we can successfully shape our own emotional world in a positive way increases our personal stress tolerance and emotional competence. The mere

knowledge that we do not have to be afraid of stress and other emotional burdens allows us to welcome the challenges of our lives more openly and to tackle even greater goals, if we so wish.

A helpful exercise that I like to do myself, and one which I often recommend, goes like this: I briefly collect my current concerns in the form of a mind map. I sit down at my kitchen table with a cup of coffee or tea. I then ask myself "What could I do without right now?", and write down the topics that bother me without too much thought. This usually takes little more than 10 minutes. Then I estimate the present degree of my subjective involvement with each topic, and note the value of each topic on the sheet.

Next, I decide on one of the topics, the extent of involvement with which is the highest, which causes me the greatest discomfort. I go to my favourite chair, and deal with it in an EMDR self-coaching session with the EMDR Glasses REMSTIM 3000.

Since such a session usually lasts only a few minutes, I can sometimes still work on a second topic, one with a similar degree of discomfort.

Often, I notice that the topics are connected to each other. If I de-stress my emotional reaction to one topic, I have a good chance of looking at the other related topics in a new and more beautiful light.

In most cases, I feel much better afterwards. I feel calmer and more up to doing my tasks. The feeling that things are getting stored up in my head has given way to a new zest for life.

But there are certainly topics that I don't want to coach on my own, because their degree of stress seems too high for me at the moment. I then decide to bear with such a topic, putting it aside for the time being in order to see whether time provides some relief. Often, I then dare to deal with it at a later time, due to a decreased load extent of an EMDR self-coaching session. Sometimes, I take this topic with me to my coach.

Before you start your first self-coaching session, I will explain each of the six steps of self-coaching. Then, it should be very easy for you to feel grounded and relaxed with the six steps when a particular stress occurs.

Whenever you want to, you should simply take this self-coaching instruction and conduct a session with the EMDR self-coaching method.

Step 1

The first step is to focus on your topic. What is it that most moves you at this moment? Which unpleasant sentence, which burdensome thought, which memory is disturbing your well-being? It doesn't have to be anything concrete. It

is also possible that your thoughts may turn over, and that you do not have a clear focus. Just make yourself aware of what it is, there is no right or wrong answer, simply outline what your topic might be.

It is worthwhile to take a little time to become clear about your topic. Certainly, it is also possible to perform EMDR (especially the fast eye movements) without a concrete focus. The REMSTIM 3000 simply invites you to hold an EMDR self-coaching session for mental hygiene, even without great stress. 2-3 sets of 30 seconds with the EMDR glasses relaxes you regularly and perceptibly, and lets your thoughts become clearer.

If a certain topic is present, however, it is advisable to carry out the planned self-help with EMDR and the REMSTIM 3000, using the 6 steps.

Try to define your topic yourself. As mentioned above, it can be an idea, a situation, a thing or a certain picture.

Take what offers itself to you, and try not at all to find a reason for its appearance. An analysis of the cause is not a necessity for the effectiveness of EMDR, and not even for self-examination.

In some stressful cases, the topic is simply obvious. Take it, and go to the second step of the self-coaching guide with EMDR.

Step 2

After you have chosen your theme, you are to look into yourself and try to find an emotion that goes along with your thoughts about your theme. You cannot make a mistake, just follow your first impulse and EMDR does the rest. If there is more to it, you will probably experience new associations by the 4th step, the intervention with the REMSTIM 3000, which you may simply follow. This is a great advantage of EMDR: you work with what is offered to you at any given moment.

What emotions do you feel when you think about them? For example, emotions such as anger, outrage, guilt, helplessness, powerlessness or shame and insults, .

Sometimes, it is not easy to find one's own emotions and to become aware of them. Since EMDR is supposed to initiate the processing of stressful emotions, by means of intervention in the 4th step of self coaching with the help of fast eye movements, this naming is very helpful.

But if none of the well-known emotions seem appropriate to you, as they do not describe your perceived emotion sufficiently, then simply continue to work with the idea of what you experience emotionally.

Sometimes you don't feel anything, don't perceive any emotions. A lack of sensation, a lack of movement, is also

okay, because that also belongs to you. Simply take this emotional emptiness and accept it for this moment.

Then try to evaluate your emotions. For this, it has proven helpful to measure the perception of your emotion on a scale, and to quantify it. You will find numbers between -10 and +10 on the scale. Each of these individual numbers represents a value which should describe the extent of your state. Be spontaneous. Choose a number between -10 and +10 that best describes the extent of your current emotions when thinking about your chosen topic. The probability that you will choose a number between -10 and 0 is great, because as we all know, stress is associated with negative emotions.

But pay attention: numbers from -10 to -6 are warnings. Because if you should estimate the extent of your load in this value range, it can be helpful or even necessary to consult an EMDR coach or EMDR therapist, because the topic seems to burden you greatly, making self coaching with EMDR and the REMSTIM 3000 appear inadvisable. Please read the important information.

Step 3

Your emotions are closely related to your physical sensations. These have to be localized in this step, and the somatic marker theory goes hand in hand with this. One assumes that our body, in particular our amygdala, stores emotions in a certain place in our body and thus marks it. If

it encounters a similar situation, reminiscent of an old and exhausting dangerous situation, the amygdala ensures that we actively feel the old memories in our body through the emotional body marker. This can save our lives, particularly with negative and supposedly threatening events, as without thinking about it, we can escape or defend ourselves.

The everyday stresses of our modern lives leave somatic markers behind. According to theory, EMDR is able to erase these emotional body markers within our body, or reduce them to a functional level. What remains is a processed experience that has taught us something about those past events without further stressing us through emotionally and physically stressful reactions.

EMDR self-coaching is therefore a good way to release the connection between a physical reaction and an involved event, and allows us to process it mentally.

It is therefore very helpful to identify the physical sensation felt upon thinking of your subject, in combination with the emotions in your body.

Some people feel a pull on the shoulder, or a rumbling in the stomach. Others may notice a throbbing in the knee, or a scratching in the throat. Perhaps you feel a pressure in your head, or the absence of any physical sensations - a void. No matter what you do or don't feel, you continue, and follow the EMDR self-coaching process step by step.

Step 4

The fourth step consists of the central intervention. It is also called “processing”, because the mental, emotional and physical states are processed with the help of visual stimulation. Here, we come to the rapid eye movements that have made EMDR so famous.

Shortly before the intervention, focus on your topic, perceive your emotions and attempt to feel deeply within yourself, to become aware of your physical sensations.

Imagine, for example, a pyramid which you divide into three sections. At the top is your theme, in the middle is your emotion, and at the bottom are your physical sensations.

Then, start a set of fast eye movements with the REMSTIM 3000. The EMDR device has the advantage of guiding your eyes to a fast back and forth. You only have to follow the fine light impulse with your eyes, and at the same time you can focus on your inner self.

Observe yourself. Has anything changed inwardly? What about your emotions, your bodily feelings? Have your thoughts about your topic changed in any way? Has a new image perhaps emerged in your mind's eye? Are there new associations, new emotions? Has the place of your physical sensation changed in you? Has the emotional body marker

migrated inside you, and become noticeable in another part of your body?

It is often observed that the emotional body marker (somatic marker) begins to wander through the body during the intervention, with the help of fast eye movements. It then leaves its place of origin - for example, the stomach - and may move towards the chest. The body marker often changes the physical sensation through which the user has perceived it.

In some cases, the body sensation can also increase and become more unpleasant. This is not a reason to panic, but a good sign that something is happening. It is now important to perform further sets of rapid eye movements until the body sensation subsides and a pleasant feeling sets in.

In most cases, the user will feel more pleasant feelings and thoughts as soon as the somatic marker has lost its vehemence.

The reason for this can only be guessed at. It is highly probable that during the standard EMDR intervention, the visual bilateral hemisphere stimulation, a comparison of the different information contents of our two halves of the brain, takes place. Finally, albeit belatedly, a functional integration into our cognitive memory takes place. The cognitive player of the emotional body marker can now take action. It is as if from now on, a mental regulator is

available again. The specific memory our body stores of a stressful experience, which was created on behalf of our amygdala by combining a stimulus with a previously "overpowering" somatic marker, is now weakened, loses its body energy and is often (physically) forgotten. The burdening theme associated with it loses relevance and fades.

Continue step 4 and start the REMSTIM 3000 anew until you have reached an emotional, physical and mental state which feels better with your initial topic, and you do not have the desire to further optimize it for the time being. In step 5, you will have the opportunity to do this.

Step 5

Before getting to the fifth step, it makes sense to take a short break and go inside yourself. The fifth step is for tracking down small residual sensations that still exist when you think about your topic. Sit down, relax, and wander around in your thoughts. Think about your topic, about your emotions which you perceive now, and see if you can perceive physical residual sensations. If you find what you are looking for, go back to the 4th step and start again with the REMSTIM 3000 intervention until you obtain the best possible result.

If your residual sensations do not completely dissolve into the EMDR Self Coaching session, or can be transformed into pleasant perceptions, it may be helpful to continue to step 6, provided that your residual sensations are within a tolerable range. With the last step - step 6 - you will conclude this session. The EMDR intervention triggers and paves the way for the normal processing of our bodies. The next time (especially during the night's rest, with its REM sleep phases) is able to, in numerous cases, dissolve the remaining emotional markers of the personal topic.

If the topic is still equally present the next day, you can coach yourself again with another session.

Step 6

Let us now move on to the sixth and final step. Think about your topic, and notice the first positive thoughts that come to mind. Be spontaneous! Just take the first thought that you like. Perhaps it is a positive association to your topic? This positive thought shows you that your attitude towards your topic has changed.

Repeat this pleasant thought again and again, and apply the REMSTIM 3000 again. Choose a slow speed setting for the running light. This will cause these positive thoughts to strengthen themselves within your thoughts, to weave themselves into your new worldview.

Finally, evaluate the extent of your mood once again. Choose a number between -10 and +10. Compare this to the number you chose in the second step. You should have shifted several points in a positive direction.

If you feel like doing so, make a few notes about your self-coaching session afterwards.

This makes a lot of sense, as it gives you the opportunity to demonstrate the effectiveness of your self coaching sessions later on, because the insight and the improvement in mood that we can achieve strengthens our self-confidence.

EMDR Self Coaching Worksheet

The most helpful thing has proved to be to simply print out the EMDR Self Coaching Worksheet several times, so that you can easily write down your thoughts and notes for each session. It is best to use one worksheet per self-coaching session so that you are not distracted by the notes from a previous topic.

The EMDR Self Coaching Worksheet is attached at the end of the book.

Possible Side Effects of EMDR

Does the use of EMDR involve risks? If so, what are they?

As I have mentioned several times, EMDR was originally developed for the treatment of trauma and its sequelae, such as post-traumatic stress disorder. Other mental illnesses can also be treated with EMDR.

At this point, I would like to draw your attention to the above-mentioned, because as soon as a mental disorder is present, the self-application of EMDR is not suitable for the treatment of this disorder.

An experienced EMDR therapist should always be consulted here. In the second of eight phases, the standard protocol deals extensively with the stabilisation and preparation of the client.

From my ten years of work with EMDR, I know that in the presence of a more severe mental disorder, such as a complex trauma, it may be necessary to stabilise the client over several sessions, so that a confrontation with the triggering topic becomes possible in the first place, without increasing the suffering of the person being treated. The aim should always be a confrontation which is bearable, and a gentle abreaction.

Therefore, it is correct and important to warn against the self-application of EMDR in mental disorders. In the same

way, we would advise a person with a slipped disc not to carry out challenging back exercises in the gym without guidance.

The situation is different with coaching: physical and mental health is a prerequisite here. Self-coaching with EMDR does not want to heal but to calibrate our emotions and strengthen us mentally and emotionally. I have developed the EMDR self-coaching method and the EMDR glasses for this purpose.

In self-coaching, we deal with our everyday sensitivities, i.e. emotional burdens of a common nature. EMDR self-coaching is usually highly suitable for this! These sensitivities can include fears, stress, worries and sorrows, and mental and emotional blockages.

EMDR can cause a temporary increase in stress after or during treatment.

- Previously unprocessed memories can thaw out and be perceived as stress.
- It is possible that during a treatment session, clients may perceive physical sensations and emotions particularly intensely in the context of the experience being treated, which neither the EMDR therapist nor they themselves can predict (these are also referred to as abreactions).
- It is possible for the brain to continue processing the stressful experiences in the hours following EMDR

treatment (within the framework of so-called post-processing). This can express itself in newly emerging dreams, memories or feelings.

In self-coaching, it is assumed that the user is able to distance themselves from the coaching topic at any time, and be able to calm themselves down.

I would like to illustrate this with a question that I am regularly asked: "Can EMDR self-coaching help with sleep disorders?"

In order to answer this question correctly, it is necessary to make some adjustments to the question. If it were formulated differently, for example: "Are sleep disorders cured by EMDR self-coaching?", then it would be simpler, as the answer would be a clear "no".

However, this is mainly due to the fact that sleep disorders are usually classified as a diseases, as per the word "disorder". For more information on sleep disorders, see Wikipedia and ICD-10, the International Statistical Classification of Diseases and Related Health Problems (ICD).

The EMDR Glasses REMSTIM 3000 are designed for coaching, in particular, self-coaching.

EMDR self-coaching is, as the name suggests, a coaching method and in no case treats or heals diseases or disorders.

Please take the time to read the important information in the appendix of this book.

EMDR self-coaching can nevertheless be helpful. Problems with falling asleep and sleeping through the night are often caused by non-organic and common causes and are often the result of stress, conflict, worry, sorrow or distress. They usually manifest themselves in emotional, mental and physical states of tension. We can make these states of tension the subject of a self-coaching session.

3 Special EMDR Self-Coaching Formats

Below, you will find three formats for using EMDR self-coaching in a special way.

Ultra-Short-Term Self-Coaching with EMDR

The following shows a way to prepare oneself for a restful night with EMDR, using ultra-short time self-coaching.

I am lying in my bed; I have gone to sleep. It was a long and eventful day: 2 coaching sessions, 1 therapy session with a new client over 2 hours, with a moving topic. In the afternoon, a 1:1 intensive workshop followed. Afterwards, I wanted to pick up my car from the garage. This would be in vain however, as it had not been finished due to an unexpected problem requiring further repair. Damn! Trouble again. No car, more costs and less time, because I

had to go home by public transport, and I'll have to do that again tomorrow to get back to the practice. I will have to postpone some of the errands I wanted to do this morning, or convince my dear wife to take some of them over. Fortunately, she is already in a deep sleep, and so I am no longer tempted to discuss this with her, and so I put my EMDR glasses on my nose.

People often ask whether it is always necessary to follow the 6 steps of EMDR self-coaching in order to work with the EMDR Glasses REMSTIM 3000. I always answer: no, well, not always! It depends.

The 6 steps are very helpful for clearly defined topics, concise situations and especially for emotionally stressful memories. This is so that we can capture the relevant experience cognitively, emotionally and physically in the best possible way, so that we can immediately initiate the fast eye movements with the EMDR glasses (step 4 of the EMDR self-coaching process), and in most cases several times in a row until the best possible result is achieved.

In addition, I regularly use the REMSTIM 3000 myself to prepare for a restful night's sleep. I do it as soon as I lie down in bed, just before I close my eyes. I do not strictly follow the 6 steps. Instead, I simply put on the EMDR glasses, enjoy the darkening that occurs when I put them on, and start using them.

Take what is being offered: this can be nothing at all!

I will review my day. I am thinking of my hurried morning; my second coaching session and the following therapy session, and how the topic was very close to me. I feel some sadness, a normal reaction of compassion.

I start with the glasses for the first time, late this evening. The setting of my last application is of course stored (as is usual with the device): penultimate deflection, highest speed. My eyes follow the light pulse for 30 seconds in a fast back and forth motion. It ends, and I inhale deeply. My sadness gives way to the joy of being able to help a person in a particularly challenging life situation again. I keep this feeling with me, go on with it and start with the glasses again. On my first impulse, the memory of today's 1:1 workshop comes into focus and then disappears immediately. Obviously, there is nothing to report, and my mood is stable. It ends, and I breathe deeply. I'm almost about to take the EMDR device off my nose when I see myself in the garage; angry and yet friendly towards the mechanic. He can't help it, can he? I don't like the balancing act of offering the outside world a false picture of my mood. I start with my glasses and consciously breathe calmly and regularly. After 30 seconds, I feel noticeably proud, because I know that the balancing act was useful, as it is not usually helpful to immediately communicate one's unfiltered feelings to another person. Some time and distance, bridged by a mask of astonishment and helplessness, often give me the necessary delay in order to adjust to my interlocutor and choose the right

strategy. This is what I think now. But, my body memory still signals a weak feeling of defeat. Something very discreet. Why? I don't know; but it's not important either. I take it and go with it. I press the start button of the glasses twice again, and after that I feel relief in my stomach. I am suddenly pleased that they worked so thoroughly and found the fault with the car, and that consequently, it won't break down unexpectedly. I yawn, and feel a great sense of tiredness coming over me.

I put the glasses on the bedside table and close my eyes. Good night!

I recommend using the EMDR Glasses REMSTIM 3000 just before going to sleep, when you are already in bed. Especially for the smallest topics, which regularly affect a good night's sleep. But even if nothing is consciously going around our heads, we prepare our brains for a quiet night by reducing inner (unconscious) conflicts and calming emotional memories, or simply arranging what we have experienced during the day. A restful, deep night's sleep, with numerous REM phases, simply does us a great deal of good. We feel fantastic in the morning!

At the same time, when we pause for a moment, we sharpen our eyes towards our own sore points, which often appear in the recurring nothingness of everyday life. These things afflict us, although they should not really matter to us because of their "triviality". Obviously, however, they are not trivial. This is where wonderful topics arise for our

regular EMDR self coaching sessions or guided coaching sessions, in which we can consciously address these special topics.

My recommendation is to brush your teeth every evening before going to bed and, with the help of the EMDR Glasses REMSTIM 3000, get yourself into a pleasant mental and emotional state before closing your eyes.

Ultra-short self-coaching can (but does not have to) take place shortly before the eyes close. Every moment that offers some peace is a good opportunity.

Just lay or sit down, put on your glasses, and off you go. Whether you think of something before or not is unimportant in ultra-short time self-coaching. Let the EMDR intervention work in the form of visual bilateral hemisphere stimulation. Start the REMSTIM 3000 EMDR glasses 3-4 times in a row, and observe what is going on inside you. Generally more calm and serenity is achieved after this short period of time. Just see what happens. After a short break you can, if you feel like it, do another 3-4 sets with the glasses. That should be enough!

Should a larger topic appear or be initiated, please save this for a comprehensive EMDR self-coaching session, according to the instructions given for the 6 steps. Do not go into it further if time is insufficient.

CIPBS – Conflict Imagination, Painting and Bilateral Stimulation

The simple and effective CIPBS technique has been developed by the psychologist Christa Diegelmann. The format is preferably used when working with traumas.

The CIPBS format is also ideal for self-coaching. Topics of an everyday nature are dealt with exclusively.

I also recommend not working on topics which the user attributes a value of more than -3 on the scale of subjective disturbance, but placing yourself in the hands of a professional coach.

I am introducing the CIPBS technique here, because it is a helpful variation of the EMDR self-coaching method in 6 steps. The use of REMSTIM 3000 EMDR glasses is extremely beneficial.

There are EMDR, KIP and painting therapy approaches.

Preparation:

If you want to use CIPBS alone, you will need coloured pencils and a sheet of paper in addition to the EMDR Glasses REMSTIM 3000. A flip-chart sheet is also recommended. I personally prefer using a DIN A4 or DIN A3 sheet, as then my drawing does not have to be so large.

Fold the sheet 3 times by folding it lengthwise in the middle, and then fold it crosswise twice at 1/3 and 2/3. When unfolded, the sheet should have 6 fields through the fold.

Sit at a place of your choice, where you are alone and undisturbed, with the crayons and sheet of paper. Now the process can begin.

Self-coaching process:

Think of a topic of your choice; choose one that makes you uncomfortable. This is your starting point. Evaluate your subjective discomfort on the scale from -10 to +10, and note the value.

Now, concentrate on the stressful situation or most unpleasant thought, whichever best reflects your initial theme, and look for a picture in your head. (Step 1 of EMDR self-coaching)

Begin to paint this inner picture, whatever you see, into the first of the 6 fields. Your painting skills will not be judged, it doesn't matter what it looks like, even if it seems a little childish. Just see what you paint. Use the colours to reproduce your inner picture. If your inner view is black, then that's the way it is.

If you feel like you have painted everything for the moment, then stop and look at your picture. Think about your emotion and then look for a physical sensation. (Steps 2 and 3 of EMDR Self-Coaching)

If you have now become aware of your emotion as well as your body sensation, put the REMSTIM EMDR 3000 glasses on, start them up, and follow the light stimulus with your eyes (Step 4 of EMDR self-coaching). After the first set, you can start a second time, then take off your glasses.

The fourth step of EMDR self-coaching is repeated now. Think again about your initial topic and paint a new second picture in the next free box on your sheet, which corresponds to your current inner picture. Remember, there is no right or wrong, beautiful or ugly. Whatever you paint is what you paint, and that's what it's all about. It can just be strokes, coloured areas or something else. What is important is that it is yours; that it comes from you.

Finish when you feel that you don't want to add anything more. Look at your second picture.

Now remember your emotion, and then search for the physical sensation. If you find it, intervene with EMDR using the REMSTIM 3000. Put on the glasses, start them, and let them run through completely once or twice.

Repeat the process until you have painted all 6 pictures:

Go back to the initial theme: paint your third picture, perceive your emotions and body sensations again, put on the REMSTIM 3000 and carry out the bilateral stimulation.

Repeat this process for the fourth, fifth and sixth pictures. In front of you now is your sheet of paper, with six pictures.

If you are now thinking about your initial topic, and you could now summarise your first positive thought in one sentence, what would it be?

Write it down: _____

Read your positive sentence again, then put on the EMDR Glasses REMSTIM 3000 and start a set with a large range of eye movements (with the eyes led all the way out) and slowest speed (step 6 of EMDR self-coaching).

Now rate your initial theme on the scale of subjectivity from -10 to +10. Note down the value.

The value should have changed for the better, and should represent your inner feelings.

EMDR Self-Coaching with the Songs of our Lives

With this special form of EMDR self-coaching, we use all the songs that have touched us in a special way.

What actually happens to us (or, perhaps, in us) when we love a song, when it moves us emotionally?

Do you remember the songs you used to listen to when you were a teenager? Your favourite song from when you were in love for the first time? Do you remember which song accompanied you (through grief) when that first love ended?

During our youth we experience many emotional moments, both positive and negative. Many of them were stored in our body memory. Often, we have unconsciously connected those involved experiences with a song that we liked during that situation, and which reflected our mood: that song became an anchor for what happened then.

Involving experiences leave emotional traces in us. So-called somatic markers locate such emotional events in our body memory, and let us experience these emotions from the past again when listening to an "anchored" song.

The experience must not have been negative. An extremely positive situation, which is accompanied by extraordinarily strong feelings, can also be remembered in this way.

However, as you have already read, our experiences from the past influence the judgements we make today about seemingly similar situations, because the somatic markers that form our body memory allow us to evaluate future related situations in fractions of a second.

A decision made freely looks different, because the learned emotions associated with an event belong to the person we used to be, and not the one we are today.

Many events would be evaluated differently by ourselves as the human beings we are today. Our decisions would look different if we could make the full use of all our experiences, insights and abilities.

With the help of the songs of our lives, we look into our souls. The songs that move us create a direct connection to our body memory. While we are listening to such songs, they represent the moment at which we can take advantage of the special opportunity to simultaneously conduct an EMDR self-coaching session with the help of the EMDR glasses REMSTIM 3000.

We usually integrate memories such as joy, strength, confidence and trust (or whatever the situation at that time offered us in terms of positive learning effects) into our brains anew. The full potential of such positive effects will be applicable for us now and in the future.

Often, we will find that the song will not carry us away in the same way, and with the same intensity, afterwards. The once-strong emotions will now be weakened, or even gone. This may be a less pleasing effect for some. But in the end, it's a small price that we should be willing to pay to make full use of our resources. Our resources are shaped (among other things) by lived situations, which we have stored as complete and structured experiences.

We will be happy to pay the price of forgetting when we can finally process a painful experience and no longer have to remember the accompanying physical sensations.

Think of the initial question, and remember your first love. Which song accompanied you when your first true love ended?

Maybe this sad event is still “in your bones”. It may have been superficially forgotten, but was it also completely processed? Should the song of that time make us melancholy and awaken sensations somewhere in our bodies, the memory is still emotionally alive. Let's take a chance on successful EMDR intervention.

With these songs, the door for EMDR self-coaching opens all by itself. Hardly anything could be easier: we listen to the song, which accompanied our separation at that time, it still awakens the same specific somatic marker today, and at the same time we perform an application with the EMDR glasses. Generally, the bodily sensation will fade. The

former parting receives a mostly-complete integration in our neuronal pathways, and is emotionally re-evaluated.

In this way, we are able to let formerly stressful situations appear in a new light. From now on, these will be less frightening and will no longer trigger an "unpleasant" feeling. We thus expand our abilities, as our valuable experiences will be fully available to us in the future.

It does not, however, have to be heartache. Make regular use of the power of music and every song that sends you on an emotional journey. Combine the sound experience with a self-coaching session: make yourself comfortable in an armchair and simply put on the REMSTIM 3000 while listening to music. Whenever you hear a song that takes you away with it, start the 6 steps:

- Which topic do you associate the song with?
- Which emotions are noticeable?
- Where in your body do you feel a sensation? (Or do you feel nothing at all?)
- Now, start an application of the REMSTIM 3000 and repeat step 4 until the best possible result is achieved.
- Search for residual sensations while listening to the song and thinking about your topic.
- Think about the topic, and notice the first positive thought, the one which you now will anchor with the REMSTIM 3000.

You will be surprised at how many unused experiences lie dormant in us, experiences and the emotions that go with them, which we associate with numerous songs. These songs are therefore a key to our emotions. So much is still in us, waiting to unfold its full potential.

Appendix

Worksheet – EMDR Self Coaching in 6 Steps using the REMSTIM 3000

No. _____ Date: _____

Step 1: Choose Your Topic

- ❖ What moves you the most at the moment?
- ❖ Which thoughts are bothering you at the moment? What is the most unpleasant picture, the most unpleasant sentence?
- ❖ What is going on in your head?
- ❖ Concentrate on the imagination, the situation, the thing, the picture, the sentence, etc. that burdens you the most!

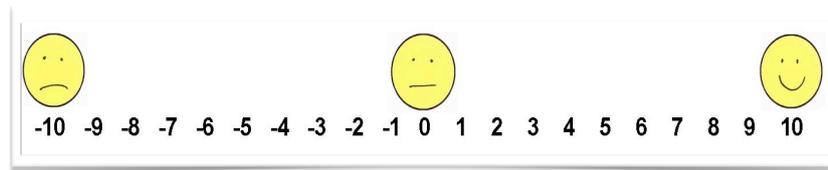
Notes: _____

Step 2: Determine Your Emotions

- ❖ Do you feel something while you are concentrated on your topic?
- ❖ What emotion is it that you feel?
- ❖ It is, for example, anger, indignation, annoyance, fear, anxiety, sadness, loss, helplessness, powerlessness, being at the mercy of others, surprise, confusion, "being in the wrong film", guilt, responsibility, shame, offence, being insulted, degradation, disgust, hatred, loathing, aversion, horror, tiredness, thirst, hunger, non-feeling? Or another emotion?

The listing represents a number of unpleasant emotions, and is not exhaustive.

Now evaluate the extent of your subjective feeling:



Notes: _____

Step 3: Body-Scan I - Your Physical Sensations

- ❖ Do you feel anything in your body? Is there a bodily echo of your emotion?
- ❖ Do you feel an emotion, a physical sensation somewhere in a part of your body?
- ❖ Do you feel pressure, pulling, warmth, cold or something similar?
- ❖ Or do you perceive nothing, something like no feeling?

Notes: _____

Step 4: The Intervention (Processing)

- ❖ Notice your theme and your emotion(s) inwardly. Feel your physical sensation (or non-feeling) now!
- ❖ Start an application of REMSTIM 3000 now!
- ❖ Breathe calmly and regularly.
- ❖ When the REMSTIM 3000 application is finished, take a deep breath and let go as you exhale.
- ❖ What has changed internally? Observe your emotion(s), your bodily feelings, if you now think of your topic from the beginning (associations?).

Go back to the first point of intervention (in this 4th step) and start the process again. Go through the process as often as you want to, perhaps until you feel distanced and liberated from your theme.

Notes: _____

Step 5: Body Scan II

- ❖ Think about your subject. Search and feel for small residual sensations. If you find what you are looking for, intervene again with the REMSTIM 3000 as described in step 4, until you get the best possible result.

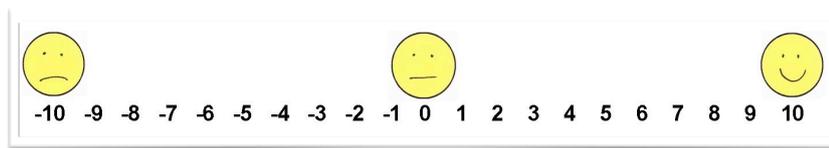
Notes: _____

6. At the End: The Anchoring

- ❖ Think about your topic and notice the first positive thought that comes into your head.
- ❖ Repeat this pleasant thought in your mind, over and over again. Intervene now with the REMSTIM 3000 - choose a slow speed of the running light.
- ❖ Breathe calmly and regularly, and repeat your pleasant thoughts.

After the REMSTIM 3000 application, take a deep breath and let go while exhaling.

Now, re-evaluate the extent of your subjective feeling when you think about your topic:



If you want to, take the opportunity to make some notes about this self-coaching session: