

Node Isolation Theory & Eye-Zone
Differential Technique

Advanced Techniques in EMDR

Node Isolation Strategies

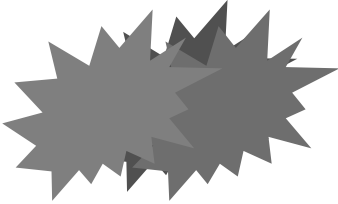
Including:

The Eye-Zone Differential Technique

Barry's
Node Isolation Theory

The solution:

"Isolate the Node" (or ego state)



Barry's
Node Isolation Theory

The problem:

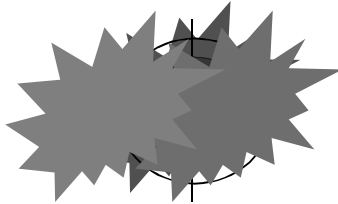
- Target nodes are "undifferentiated"
- Targets get blocked by competing nodes/ego states
- Processing is inefficient or even blocked

Node Isolation Theory & Eye-Zone Differential Technique

Barry's Node Isolation Theory

The solution:

"Isolate the Node" (or ego state)



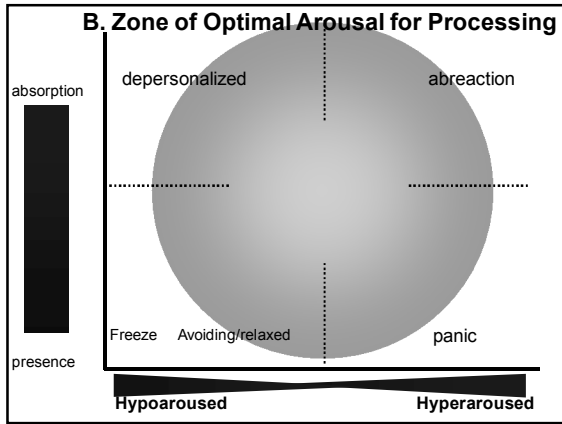
Barry's Node Isolation Technique

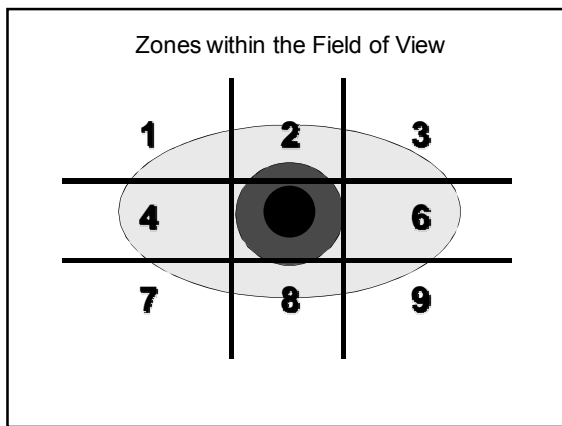
1. 1st person visual perspective
2. Push the NC
3. Evaluate each eye separately
4. Work with each zone within the field of view

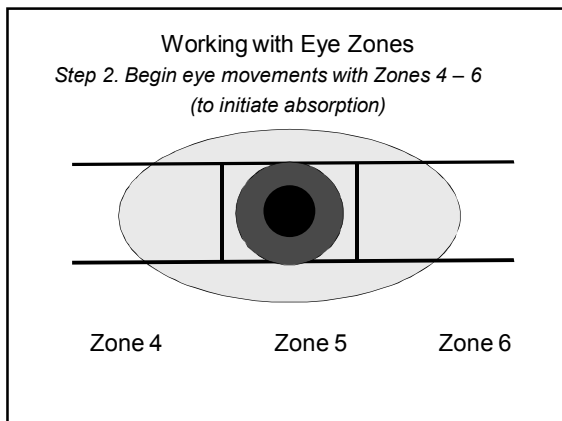
Working with Eye Zones *Step 1. Choose a Single Eye to Work With*

- Which eye has optimal arousal?
- Consider the *Quality* of the Experience
- Beware of a False Negative SUD

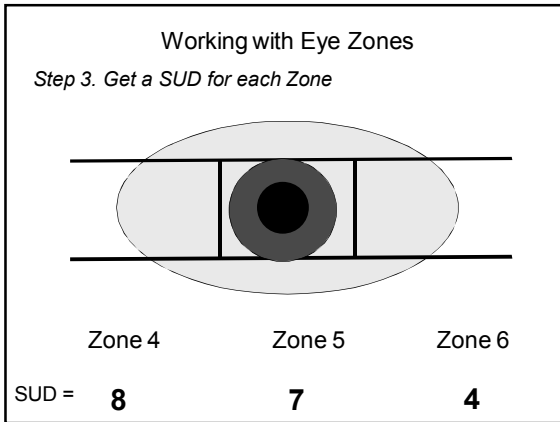
Node Isolation Theory & Eye-Zone
 Differential Technique

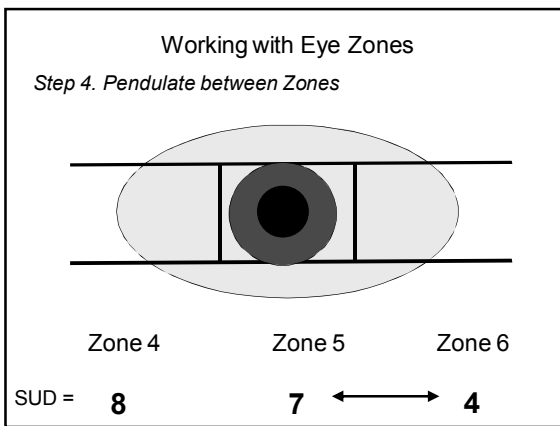


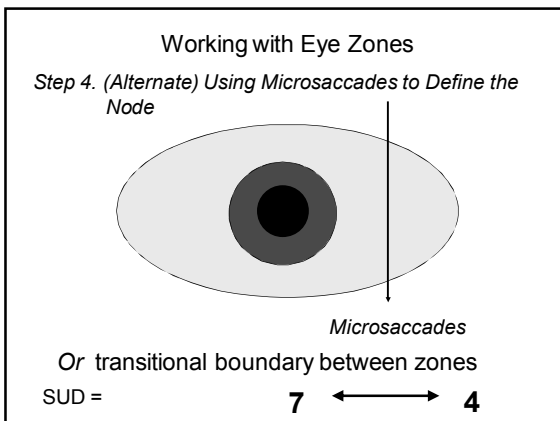




Node Isolation Theory & Eye-Zone Differential Technique





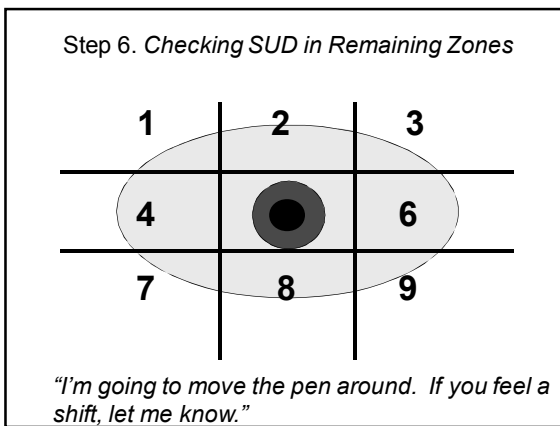


Node Isolation Theory & Eye-Zone
Differential Technique

Working with Eye Zones

Step 5. Continue Eye Movements Until SUD is at 0 or 1

Step 6. Check for SUD in remaining zones (1-3 and 7-9)



Working with Eye Zones

Step 7. Repeat Pendulation Procedure in upper or lower "tier" as needed

Step 8. Repeat Procedure with Other Eye

Step 9. Repeat Procedure with Both Eyes

Step 10. Install PC with Both Eyes

Node Isolation Theory & Eye-Zone Differential Technique

Shock or Disbelief

- Some traumas seemed to be locked in a state of psychological shock
 - Sudden onset
 - Perpetrator behavior unexpected or anomalous
- Event not integrated with narrative memory
 - Does not process well; affect blocked
 - ANP cannot accept the event
- Typical client presentation:
 - *I know it happened, but I can't believe it*

Assessing and Treating Shock/Disbelief*

During Setup Phase (Phase 3):

1. Have client cover one eye
2. Ask: *Give me your gut response—can you believe it?*
3. Get a SUD for “*Disbelief*”
4. Perform DAS until SUD = 0

*Adapted from Cook & Bradshaw (2002)
