

Regulating Affect

Is the client likely to become hyper aroused and dysregulated?

- Check for history of panic attacks
- Check for high scores on PCL and DASS
- Client expresses fear of working on the memory

If yes, start less intensely.

- Target the fear of panic attacks, or the fear of working on the memory
- Use the wide-angle lens rather than the detailed focus on the memory, treating it initially as a story or a movie
- Tap on abstract words "this bad memory", "the story of the assault"

If hyper aroused during the tapping, decrease intensity.

- "Look at me". Keep the client connected with you in the present moment.
- Insist that the client keeps tapping.
- Keep tapping several rounds without stopping until affect decreases
- Tap without using the keywords
- Use reassuring words that distance the memory: "It is over, it is just a memory"

Does the client's affect drop just as you start to work on the memory? Or does the client not show significant affect to an event despite saying that it was disturbing?

If yes, increase intensity:

- Focus on the memory hotspot, and the most emotionally intense image. (If it was a movie, take it to the most upsetting or disturbing scene).
- Watch client's reaction to specific words and repeat those words that show most response "my baby".
- Float back to earlier memory.
- Insert time travel component.