Introduction-This protocol was derived from the notes of Neal Daniels, a clinical psychologist who was the director of the PTSD Clinical Team at the Philadelphia VA Medical Center in Pennsylvania. Always concerned about the welfare of clients and practitioners, he put together a short, simple, and effective protocol for the practitioner, on the completion of any session where there was negative affect remaining.

Self-Care Script: In Neal’s words, “The procedure is short, simple, effective. Right after the session or later on in the day when it is possible, bring up the image of the patient; do 10–15 eye movements; generate a positive cognition and install it with the patient’s image and another 10–15 movements. Once the negative effects have been reduced, realistic formulations about the patient’s future therapy are much easier to develop. Residual feelings of anger, frustration, regret, or hopelessness have been replaced by clearer thoughts about what can or cannot be done. Positive, creative mulling can proceed without the background feelings of unease, weariness, and ineffectiveness. Daily, weekly, or even career-long “burnout” can be viewed as the accumulated residual of negative feelings that were not dealt with effectively when they occurred.” The idea was to work on the material right after the session or later in the day when time allowed.

Clinician Self-Care Script: Say, “Bring up the image of the patient.” \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do 10-15 eye movements

Say, “Notice whatever positive cognition comes to mind.”\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Say, “Now install the positive cognition\_\_\_\_\_\_\_\_\_\_(state the positive cognition) with the patient’s image.” Do 10–15 eye movements. Say, “What do you notice?”\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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