

## **Scribble it Out and Tapping Through (Enhanced 4 Square)**

with EMD, EMDR 2.0, Havening Technique

As Used in Training

Not for Public Distribution

may be used with your clients

### Picture 1

- Snapshot of a specific thing bothering you right now
- Draw what comes to mind with Color, Shape, Form, Texture, Size  
(It doesn't have to be good)
- Put the SUDs in the upper right corner of Picture 1
- 3 Short sets of your favorite Bilateral Stimulation  
(5 to 10 seconds, I usually only do 5 seconds - recall longer sets increases likelihood of negative stimuli)

### Picture 2

- Do an Orienting 3 X 3  
For instance: Point to 3 squares, Point to 3 things that are yellow, starting with your wrists move 3 parts of your body
- Draw what is coming up now?
- Write your SUDs in the upper right corner
- Do 3 sets of your favorite Bilateral Stimulation including tapping  
(5 to 10 Seconds)

### Picture 3

- Havening Technique  
(Rub arms with hands till warm, rub legs till feel warm, hold warm hands on face) ●
- Draw what is coming up now?
- Write SUDs in upper right corner (might be VOC)
- Do 3 sets of your favorite Bilateral Stimulation adding
  - Set 1: Count back from 10
  - Set 2: Count to 10 from 1
  - Set 3: Spell your name 3 times (or a word)
- Scribble out the worst part of Picture 1 for 5 to 10 seconds
- Do an Orienting 3 x 3  
Point to 3 squares (or circles, other shapes), Point to 3 things that are yellow (other

colors), starting with your wrists move 3 parts of your body

#### Picture 4 (or the concluding square)

- What would you prefer for yourself? Draw it  
This does need to be positive  
If words are coming up, write them down and repeat them
- Do 3 sets of Bilateral Stimulation
- Do an Orienting 3 x 3  
Point to 3 squares (or circles, other shapes), Point to 3 things that are yellow (other colors), starting with your wrists move 3 parts of your body

Talk about the experience with your client, as they would like.

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Value: 13 Sets of Bilateral Stimulation plus Havening

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Notes: Depending on the regulation skills of your client, reduce the amount of Bilateral Stimulation sets

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#### References:

- Dr. Ignacio "Nacho" Jarero  
Scribble It Out
- Dr. Ad de Jongh  
EMDR 2.0 - An Enhanced Version of EMDR Therapy
- Roy Keissling  
EMD - Eye Movement Desensitization<sup>^</sup> - contained processing  
Always go back to the original target and draw in the next square what has changed about the target, repeat for each square except the last square. Last square is what you would prefer for yourself.  
EMDr - Eye Movement Desensitization Reprocessing - restricted  
Always go back to the original target and then ask the client to put in the next square what is coming up for them now, repeat for each square except the last one. Last square is what you would prefer for yourself.  
EMDR - Eye Movement Desensitization Reprocessing - unrestricted  
You do not go back to the original target, just ask what is coming up for them now. Last square is what you would prefer for yourself.  
Belief Focus
- Drs. Ronald and Steven Ruden, Dr. Kate Truitt  
The Havening Technique/Amygdala Depotentialization
- Dr. Elan Shapiro  
RTEP - Recent Traumatic Episode Protocol  
GTEP - Group Traumatic Episode Protocol