

Ten Step Tune-In Protocol

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This is a means of utilizing some of the key components of EMDR to aid in self-soothing and regulation. It is intended to be taught in a therapeutic setting to help individuals experiencing emotional 'flooding' in the therapy room. This skill is highly compatible with Emotion Regulation and Distress Tolerance modules in DBT.

Recognizing the symptoms of Flooding in a patient.

I came up with this when utilizing Internal Family Systems techniques with a patient; the patient was highly emotionally activated and unable to differentiate themselves from their feelings / they were experiencing the sensation of 'being' their feelings. We discontinued the IFS part differentiation in order to assist in recalibrating the system's stability.

1. Identify the feeling that you're experiencing (*e.g. Anger*)
2. Identify the distress level you're experiencing (0 to 10, or use percentages if desired)
3. Identify the location of the feeling in the body (*e.g. where is that Anger in your body*)
4. Imaginally notice three descriptive traits of the feeling, as in the Light Stream Exercise. (*e.g. the anger feels like it is the color red, has a spiky texture, and is as hot as an oven.*)
5. Identify a color that represents healing (*e.g. lavender*)
6. **HEARTBEAT MEDITATION PROCEDURE**
 - a. Close your eyes and mentally remove yourself from the triggering situation (as much as possible).
 - b. Place a hand on your chest over your heart, take your pulse, or otherwise get in tune with your body's heartbeat.
 - c. Imagine your heart generating reverberating waves of healing energy of the chosen color (*e.g. lavender*), radiating throughout the body. With every heartbeat, imagine this healing energy pumping throughout your body, spreading along every channel of your vascular system in rapid, powerful bursts. Notice every pulse of your heart. With every inhale, you breathe in healing energy, then with every exhale, you breathe out pain, tension, and stress. Take slow breaths and count to ten heartbeats.
 - d. Take a breath, then slowly let it go. Check in on your distress level IN THIS MOMENT (0 to 10, or percentage).
 - e. Repeat steps c) and d) until your distress level is as low as it can get (around 0 to 2).
7. **TESTING PROCEDURE**
 - a. Imaginally return back to the Target. Revisit the initial target memory / experience.
 - b. Check in on your current distress level AFTER REVISITING THE TARGET (0 to 10, or percentage). It's normal for the distress to spike up again during this step.

~feel free to share with patients or other clinicians, with attribution~

8. If the distress level after the Testing Procedure is as low as it can get (around 0 to 2), the exercise is complete. Otherwise, complete the Heartbeat Meditation Procedure again, and then complete the Testing Procedure again.
9. Repeat as many times as needed until the Testing Procedure results in a distress level as low as it can get (around 0 to 2).