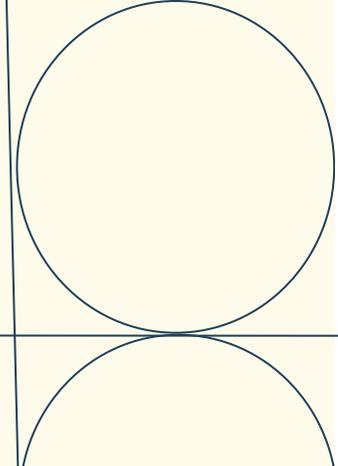


Restricting Processing



Maintain safety, dual awareness, and processing within the client's window of tolerance

Signs to Restrict Reprocessing	Dissociation: Blank stare, confusion, delayed responses Autonomic overload: Rapid breathing, trembling, sweating, pallor Cognitive flooding: Multiple memories emerging, jumping channels Loss of present-day orientation
Immediate Actions	Stop BLS: "Take a breath. Come back to the room." Orient to present: Name 3 things you see, notice feet on floor Shorten sets: 8-10 passes, slower speed Increase therapist presence: Verbal cues, calm tone
Narrow the Target (Titration)	Focus on a single image, sensation, or moment Fractionate memory into smaller pieces Avoid entire event if overwhelming
Strengthen Dual Attention	Orient to present: "Notice you are here now." Pendulate between distress and neutral sensation Use distancing: Imagine watching on a screen, black & white, or farther away
Interweaves	Orientation: "How old are you now?" Safety: "Are you safe right now?" Agency: "What choices do you have now?"