

# Bilateral Stimulation Script

## Client Information

Name:

Date of Birth:

Session Date:

Therapist:

Diagnosis/Condition:

## Session Objective

Clearly state the objective or goal of this Bilateral Stimulation Script session. E.g., "To process and desensitize the traumatic memory related to [specific incident or event]."

## Script Introduction

Begin with a brief explanation of the Bilateral Stimulation Script and its purpose. Communicate the process to the client.

## Preparation

Explain how the client should prepare for the session, including relaxation or grounding techniques.

## Bilateral Stimulation Technique

Choose the specific bilateral stimulation technique (e.g., eye movements, tapping, or auditory cues) and describe how it will be used in this session.

## **Script Execution**

### **Client Preparation**

Instruct the client to sit or lie comfortably, close their eyes (if applicable), and focus on the traumatic memory.

### **Bilateral Stimulation Instructions**

Provide clear, step-by-step instructions for the chosen bilateral stimulation technique. Include the rhythm, duration, and any variations specific to this session.

### **Processing**

Guide the client to reflect on the targeted memory, allowing emotions and sensations to arise. Encourage them to verbalize any thoughts or feelings as they arise.

### **Monitoring**

Explain how you will monitor the client's progress throughout the session and encourage them to communicate their experiences.

### **Script Conclusion**

Outline how you will conclude the session. E.g., "We will end the bilateral stimulation and take some time to debrief and discuss your experience."

### **Debrief and Discussion**

Plan for post-stimulation discussion, addressing emerging issues, emotions, or insights.

**Session Notes**

Document any significant observations, client responses, or changes in emotional state during the session.

**Next Steps**

Discuss the client's next steps, whether it involves further sessions, homework, or additional therapies.

**Client's Feedback**

Encourage the client to provide feedback on their experience and any concerns.