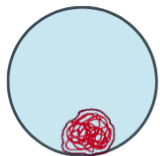
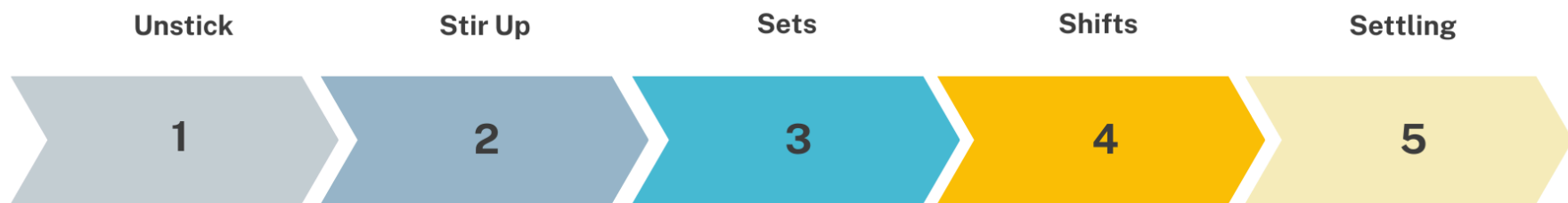
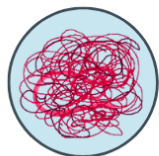


The 5 Ss of Memory Reconsolidation Theory for EMDR Reprocessing



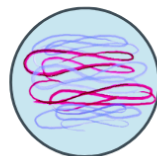
STUCK MATERIAL

- **Access** the stuck memory/material stored in a state-dependent way
- Stuck material is unprocessed and holds its original emotional charge
- Must be **accessed** and unstuck to be healed



STIRRING UP

- Stir up the material from the past to **activate** it (bring it into consciousness/working memory) in a safe and supportive setting
- Stirring up happens in the assessment phase of EMDR



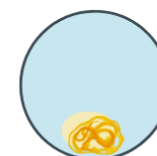
SETS OF STIMULUS

- Introduce sets of stimulus when material is stirred up to stimulate **reprocessing**
- Sets of dual attention stimulus (DAS), such as eye movements or tapping, allow the material to begin to move toward resolution



SHIFTING

- Spontaneous shifts occur when the material moves and **mixes** with new material (adaptive information) during sets of DAS
- If shifting does not occur spontaneously, therapist can introduce new information between sets



SETTLING

- Processed material settles back down (out of working memory) in a resolved, updated state
- The emotional charge is reduced or cleared
- The memory is **reconsolidated** and can be recalled without distress

