

Session Notes - 21 February 2026 (Session 2)

****Client:**** Sharon

****Date:**** 21 February 2026

****Practitioner:**** [Your Name]

****Phase:**** Desensitisation -> Installation -> Body Scan

Target Memory

Image of being slapped by ex-husband (continuation of previous target).

Cognitions

- ****Negative Cognition (NC):**** "I am not safe."
- ****Positive Cognition (PC):**** "I am safe."
- ****Initial VoC:**** 2/7

Initial SUDS

- Start of session: 8/10

Processing Summary (BLS Sets)

- Sets 1-4: High physiological activation (tight chest, shallow breathing). SUDS 8 -> 7.
- Sets 5-8: Emergence of anger; shift from fear to indignation. SUDS 7 -> 5.
- Sets 9-12: Image felt more distant; reduced body intensity. SUDS 5 -> 3.
- Sets 13-16: Cognitive shift - "It is over. I left." SUDS 3 -> 2.
- Sets 17-20: Image described as flat and screen-like. SUDS 2 -> 1.
- Sets 21-23: No disturbance when pairing image with NC. Spontaneous statement: "I am safe now." SUDS 1 -> 0.

Installation Phase

- PC: "I am safe."
- VoC increased from 2 -> 6 -> 7/7 across 5 BLS sets.
- Client reported grounded and steady affect.

Body Scan

- Mild shoulder tension initially.
- Two short BLS sets completed.
- Body scan clear on recheck.

Closure

- Client regulated and stable.
- Reported feeling lighter and more in control.
- Reminded of possible between-session processing and grounding strategies.

Plan

- Reassess SUDS and VoC next session.
- Identify next target from trauma timeline.
- Continue strengthening adaptive safety schema.