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**EMDR**  
EDUCATORS

# Demystifying the Interweave



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3. If someone does not matter and feels worthless and unlovable, they can loop into a "no one cares about me" loop connecting to all the negative relationships they had in their life where they were rejected. It is important to know about any positive relationships before you start EMDR. There is usually someone. Often, a grandmother or sometimes, they are lucky to have a loving spouse. It is essential to know who that is, so you can utilize them as the subject of the interweave.

**The Interweave is:**     Didn't you say your grandmother loved you?  
                                   Yes, I mattered to her.  
                                   Go with that...

4. Sometimes in a situation where a child was trapped by a perpetrator who actually lived with them like a stepdad or brother the client loops in a childhood situation. They say they are trapped. I can't get out.

**The interweave is:**             You safe now, right?  
   You were strong and survived all of this?  
   Yes, I am, and I did.  
   Okay, go with that...

This situation often requires more than an interweave. Extended resourcing is often required, but it does not hurt to try the interweave first.

Interweave is often something you may have already said to the client. Interweaves are not complicated or mysterious. The problem almost always is that your client is stuck in the past, and you ask them a question that will bring them to the present reality.

Please note that these interweaves are not the only ones to use in the examples. I pretty much find that I use the same interweaves over and over again because they work.

**Ask questions that bring them out of the past and into their present reality. That is often the key.**



To learn more about Dr. Dobo's work. His books, consultations and advanced courses check out his website and the links below.

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#### **Subscribe to My Youtube Channel**

Dr. Dobo is doing a series of EMDR secret videos. These are good for you to check out because basically, they came from common problems new EMDR therapists have when they are starting out, ironically this information is not found in any of the books. Hence the term. "Secrets."

<http://www.youtube.com/drandrewdobo>