

# PDS (Processing Difficulties Scale)

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This instrument describes the characteristics of processing sessions when working with EMDR on a traumatic memory. The scoring can be done based on the usual patient's style or on a group of specific sessions. Recording and transcribing the sessions can be interesting for an adequate evaluation of the data.

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	Score
Never	Almost never	Sometimes	Quite a few times	Always	
1. Different emotions appear, which the patient allows to arise, flow and evolve.					
2. Positive Cognition is easily installed.					
3. The image remains unchanged.					
4. The patient immerses themselves completely in the memory, they seem not to realize that they are in the office and in the present.					
5. Many sets/channels are required in comparison to other patients to be able to install the positive belief.					
6. The VOC when reaching fase 5 of installation of the positive belief is 5 or more.					
7. The therapist must carry out interventions to maintain dual attention.					
8. In phase 6, the body scan presents a mild disturbance that can be easily processed, a total absence of disturbance, or a clearly positive body sensation.					
9. Marked depersonalization/derealization or intrusions of dissociative parts appear.					
10. Associative channels are extremely long and it takes time to connect with adaptive information, or connection with adaptive information do not happen.					
11. The patient experiences difficulty connecting emotionally with the memory or disconnects emotionally during processing.					
12. The patient states that their belief will never change, or seems to cling to it.					
13. In phase 8 it is verified that the memory is completely processed.					
14. The subjective meaning of the experience remains similar to the beginning of the session.					
15. There are certain emotions that the patient avoids or rejects, or specific emotions that would be expected due to the characteristics of the memory do not appear.					
16. The associations do not generalize to other experiences, emotions or sensations, they remain very directly connected to the target event.					
17. When processing a memory, the subjective meaning of the experience changes.					