

Resource development and installation (RDI)

Clients + Clinicians | Stabilization and Resourcing | Phase 2

Awaiting qualified clinical review. Not a stand-alone protocol, clinical training, supervision, or individualized treatment.

A clinician-guided approach to identifying and strengthening access to supportive qualities or experiences.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

The aim is usable support, not forcing positive feelings or bypassing distress.

Client-facing explanation

We may explore a quality you want more access to and a small experience that connects with it. If it feels false, upsetting, or unhelpful, that is useful information.

Clinician reference

Explore qualities such as steadiness, competence, or connection and identify personally meaningful examples. Assess mixed associations. Any installation, including stimulation if used, follows your training and ongoing tolerability monitoring.

General sequence / checklist

1. Agree on a useful resource quality in the client's own language.
2. Explore a tolerable memory, relationship, activity, symbol, or imagined support.
3. Check emotional, bodily, and meaning responses without requiring positivity.
4. Use trained resource-development methods only when appropriate; monitor continuously.
5. Recheck access to the resource later and adjust the plan.

Example / documentation consideration

Fictional example: completing a small household task represents "I can take one step," while heroic imagery feels unrealistic.

Scope and cautions

This reference is not an RDI protocol or an installation script. A resource can carry loss or threat associations. Pause and reassess when distress emerges.

Selected references (framework; not validation of every exercise)

EMDRIA: Experiencing EMDR Therapy

EMDRIA: The Eight Phases of EMDR Therapy

No qualified review date recorded. Accessible written counterpart: emdrdot.com/resources/preparation/rdi