

The Absorption Technique Script (Hofmann, Arne 2005)

Skill or Strength

Say, *"What is the issue in the future (present/past) that you want to focus on?"*

Say, *"If you think of that situation now, how stressful is that to you on a scale of 0 to 10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?"*

0 1 2 3 4 5 6 7 8 9 10
 (no disturbance) (highest disturbance)

The following is a list of three positive abilities or needed resources.

Say, *"What skills would you need to deal with that issue of _____ (state the past/present/future concern) better?"*

It is helpful to just get a theoretical answer from the head or cortex of the patient.

1. _____
2. _____
3. _____

First Ability

Say, *"Think of the FIRST ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"*

Say, *"Can you think of an image that represents that situation?"*

Say, *"When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of _____ (name the resource chosen)?"*

Enhance

Say, *“Think of that _____ (name the resource), the image, and the feeling in your body and go with that.”*

Do 4 to 6 BLS.

Say, *“What are you noticing?”*

If the feeling is positive, do another set.
If it has not changed, do another set.

Say, *“Go with that.”*

If it changes to a negative feeling, look for another resource and start from the beginning again.

Second Ability

Say, *“Think of the SECOND ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?”*

Say, *“Can you think of an image that represents that situation?”*

Say, *“When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of _____ (name the resource chosen)?”*

Enhance

Say, *“Think of that _____ (name the resource), the image, and the feeling in your body and go with that.”*

Enhance

Say, *"Think of that _____ (name the resource), the image, and the feeling in your body and go with that."*

Do 4 to 6 BLS.

Say, *"What are you noticing?"*

If the feeling is positive, do another set.
If it has not changed, do another set.

Say, *"Go with that."*

If it changes to a negative feeling, look for another resource and start from the beginning again.

Second Ability

Say, *"Think of the SECOND ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"*

Say, *"Can you think of an image that represents that situation?"*

Say, *"When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of _____ (name the resource chosen)?"*

Enhance

Say, *"Think of that _____ (name the resource), the image, and the feeling in your body and go with that."*

Do 4 to 6 BLS.

Say, *"What are you noticing?"*

If the feeling is positive, do another set.
If it has not changed, do another set.

Say, *"Go with that."*

If it changes to a negative feeling, look for another resource and start from the beginning again.

Third Ability

Say, *"Think of the THIRD ability. In the last few years or so, was there ever a situation or time in your life where you remember having or feeling this ability?"*

Say, *"Can you think of an image that represents that situation?"*

Say, *"When you focus on the image, at that specific moment of time (make sure your voice reflects or stresses this point), where do you feel that you had some of that skill in your body of _____ (name the resource chosen)?"*

Enhance

Say, *"Think of that _____ (name the resource), the image, and the feeling in your body and go with that."*

Do 4 to 6 BLS.

Say, *"What are you noticing?"*

If the feeling is positive, do another set.
If it has not changed, do another set.

Say, "Go with that."

Getting the Resources Together

Say, "Think of the three abilities together and where you felt them in your body. Just nod if you are in contact with all three body feelings."

Only use the successfully installed resources.
If the patient nods stimulate with a short set of BLS.

Say, "Go with that."

Check for the Issue

Say, "As you are feeling your resources, take a look back at the issue that troubles you, how stressful is that to you on a scale of 0 to 10, where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does it feel now?"

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|------------------|---|---|---|---|---|---|-----------------------|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| (no disturbance) | | | | | | | (highest disturbance) | | | |

During the Future Phase of the Inverted Protocol for Unstable C-PTSD use the Absorption or Wedging Technique to develop as many different resources for the different issues about which the client might be concerned. The goal is to make sure that the client's day-to-day life is calm enough to move on to trauma work.