

PROCEDURAL STEPS FOR INSTALLING FUTURE TEMPLATES

INTRODUCTION

"We have worked on past experiences relating to your issue, as well as current situations that have triggered you. I would like to suggest that we now work on how you will respond in the future to the same or similar situations."

IDENTIFY DESIRED OUTCOME - STEPS

STEP 1: Identify the future situation (similar to previously identified recent experience/present trigger) where a more adaptive response is needed. Discuss with client to ensure he has the necessary skills to implement it. Identify the desired Positive Cognition (PC).

STEP 2: Ask the client to imagine a **scene/image** of coping appropriately in the future holding in mind the Positive Cognition (PC) and the feeling.

"I'd like you to imagine yourself coping effectively with a similar situation in the future. With the new positive belief (_____) and a feeling of _____ (e.g., calm, confidence) imagine stepping into this scene. Notice how you are handling the situation and what you are thinking, feeling, and experiencing in your body."

After a sufficient pause, ask: "What are you noticing?"

- If client's response is **POSITIVE**: **Target the scene and reinforce with BLS (one or two sets) and then install the Positive Cognition (PC) until VOC is 7 (or ecologically appropriate).**
- If client's response is **NEUTRAL or uncertain**, ask for clarification (lack skills or experience, need for a plan). Generate with client desired response. **Target the scene as above.**
- If client's response is **NEGATIVE**: Identify any difficulties, problem solve, and generate a desired response. **Target the scene as above.**

STEP 3: Ask the client to run a MOVIE of the sequence from start to finish of responding adaptively to the situation, holding in mind the Positive Cognition (PC).

"Now I would like you to run a movie of dealing effectively with this situation, holding in mind the positive belief (state PC) you have about yourself."

Add BLS (either EM or tactile with eyes closed) as he runs the movie to strengthen the positive feelings and process any disturbance that may arise. If the client hits any blocks, address as above until he is able to play the movie from start to finish with a sense of confidence and satisfaction.

NOTE: If client remains blocked, further processing of past memories may be needed.

GENERATE CHALLENGE SITUATIONS

1: Create multiple scenarios where there is an unanticipated or undesirable outcome and generate an adaptive response to that situation. **Process and install PC to VOC of 7 (or ecologically appropriate) for each situation.** Offer example(s) if client cannot generate them:

"I'd like you to think of a challenge situation that could occur. What are you noticing?"

2: Target challenging situation starting with the scene of adaptive coping (holding in mind the PC and feeling), as described in procedural step 2 above, and reinforce with BLS if client's response is positive. Then proceed with Installation of PC.

➤ If client's response is **negative**: Identify any difficulties, debrief and process as needed. Problem solve and generate with client desired response. **Target the scene as above and install PC.**

3: Run movie using BLS to reinforce. Repeat until VOC is 7 or ecologically appropriate and there is an adaptive response throughout.