

# Finding the Root Under the Answer

How to identify the attachment need, longing under the answer for one issue or symptom

Finding the true experiential root of the current dysfunction is an important aspect of treatment planning. This exercise will help lead down the correct neuropathway in order to have the best chance at comprehensive treatment effects.

What is a current symptom, frustration or limitation?

When you experience the above what is the longing?

What do you want in that moment that you are not getting?

[Listening for Safety/Connection/Empowerment - Responsibility/Safety/Choice](#)

Identify recent times when you did have a hope, even a glimmer of hope, of the longing being fulfilled and it did not work out.

Note: We are looking for times that the client had the hope or longing for getting the missing attachment experience but it didn't work out.



# FINDING THE ROOT UNDER ANSWER

(We are looking for a Moment in Time to light up the limbic system. The client needs to have a specific moment but you do not need to have the details.)

When is the last time you wanted or experienced this at work or in the community? (Present Trigger 1.)

When is the last time you wanted or experienced this socially or with friends? (Present Trigger 2.)

When is the last time you wanted or experienced this with your closest relationships? (Present Trigger 3.)

What is the worst part of all of this right now?

How disturbing does it feel right now on a scale of 0-10, with 0 being no disturbance and 10 the highest disturbance?

When you bring up the worst part of that disturbance, what words express the negative belief you have about yourself NOW, even though you may know better?

(Clinician is looking for self-referencing, irrational negative belief that is the worst possible belief the client FEELS. Ex: I'm not good enough, I'm worthless, I don't matter)

When you bring up the worst part and the words.....(NC)  
what is an earlier time you can remember experiencing something similar?

Memory:

Age:

If the client doesn't give a moment in time ask "And can you remember a specific moment in time?"

What was an earlier time? (Keep asking this question until the client stops answering)

Memory:

Age:

Memory:

Age:

Memory:

Age:

## Future Desired States

*"Now I would like us to look at each present trigger and decide how you would like to react, behave, or feel in that situation when or if it happens in the future."*

(This needs to be something you can imagine happening.)

One for each present trigger listed above. Present trigger 1:

*"As you think about the present trigger of \_\_\_\_, how would you like to be able to react, feel, or behave when that or something similar happens in the near future."*

Future Desired State:

Future Desired State:

Present trigger 2:

*"As you think about (name second present trigger), how would you like to be able to react, feel, or behave in the future?"*

Future Desired State:

Present trigger 3:

*"As you think about .(name third present trigger), how would you like to be able to react, feel, or behave in the future?"*

Future Desired State:

Future Desired State:

*There may be more or less than 3 of each*

*Transfer the information to the Future section on the Treatment Plan Targets*

## Treatment Plan Targets

This is where you can record the answers from the Finding the Root script

Presenting Issue/Symptom

Attachment Longing Under the Issue



## Present Triggers

Socially

Work/Community

Close Relationships




## Past Events

List older memories here going from Older to Younger Memories. There may be more than 4

Memory:

Age:

- 1 .....
- 2 .....
- 3 .....
- 4 .....

## Future Desired States

For Each of the Above Present Triggers how would the client like to feel, act or behave instead?

Socially

Work/Community

Close Relationships



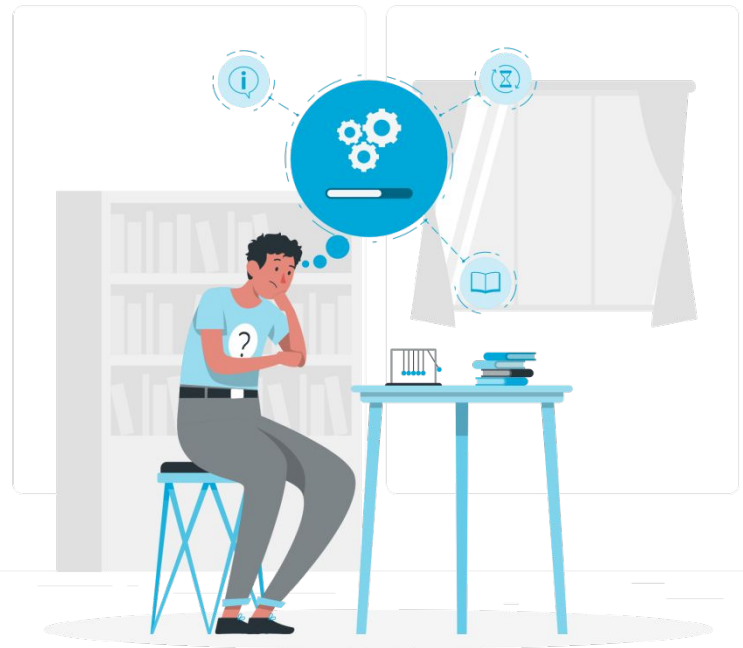



# Phase 4: Reprocessing

**A**

## DESENSITIZATION:

After the DAS of 20-30 back and forth, *“What are you noticing now?”* Allow them to answer, and no matter what they say, you say: *“Go with that.”* Then do another set of DAS, generally 20 or more passes that are customized to the needs of the client. Repeat: *“What are you noticing now? Go with that.”* Continue DAS as long as the client reports change or new information (as many sets of DAS as necessary) until the client stops reporting change for two consecutive sets of DAS, then ask (B).



**B**

## BACK TO TARGET:

*“When you go back to the original memory, what are you noticing now?”* (Pause for a response). *“Go with that.”* (DAS, 20 or more passes customized to the client). Repeat: *“What are you noticing now?”* (Pause for a response). *“Go with that.”* (Sets of DAS). Continue with sets of DAS as long as client reports change or new information (as many sets of DAS as necessary).

When the client goes back to the original target after two consecutive sets of DAS and still reports no change check SUD (see C below).

**C**

## CHECK SUD:

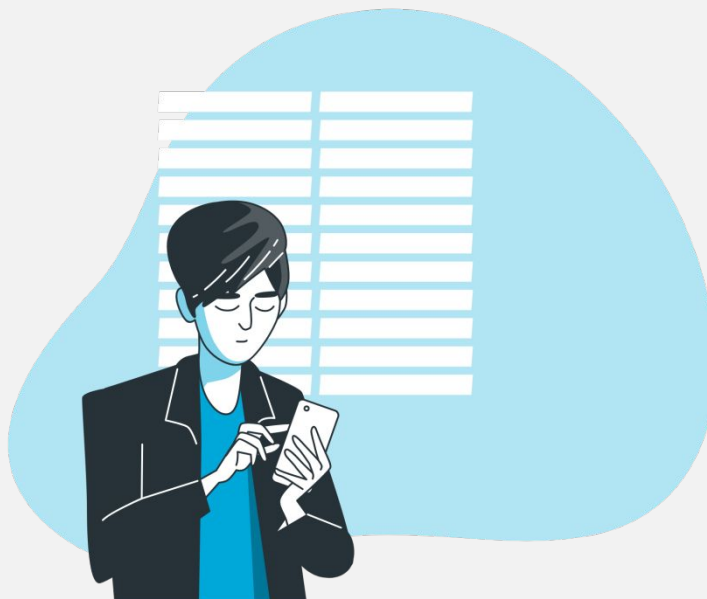
When you believe they are at or near end of processing, say *“When you bring up the original memory, on a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance you can imagine, how disturbing does it feel to you now? ---Go with that.”* (Sets of DAS.) If SUD is stuck at 1 or 2, ask, *“Where do you feel it in your body? \_\_\_ Go with that.”* Set(s) of DAS or, *“What is the most disturbing part of that memory now?”*

REPEAT Steps A, B, and C until SUD is 0 twice (or ecologically sound).

# Phase 5: Installation

Installation links the desired Positive Cognition with the original memory/experience:

- 1 *"Do the words (repeat the PC) still fit, or is there another positive statement you feel would be more suitable?"*
- 2 *"Think about the memory and those words (repeat the selected PC). From 1, completely false, to 7, completely true, how true do they feel?"*
- 3 *"Hold them together. Those words \_\_\_\_\_ and that memory. " Do DAS.*
- 4 *"On a scale of 1 to 7, how true do the words (PC) \_\_\_\_\_ feel to you now?" (After each set)*
- 5 Continue installation as long as the material is becoming more adaptive. Continue sets of DAS until the VOC no longer strengthens. Once the VOC=7 (or ecological), go to Phase 6: Body Scan.
- 6 If client reports a 6 or less, check appropriateness and address blocking belief (if necessary) with additional sets of DAS. (Note: If running out of time, set aside the blocking belief to be addressed at a later time and proceed to closure for incomplete session.)



# Phase 6: Body Scan

*“Close your eyes and keep in mind the original memory and the words (repeat the selected Positive Cognition). Then bring your attention to the different parts of your body, starting with your head, and working downward. Any place you find any tension, tightness or unusual sensation, tell me.”*

If any sensation is reported, do DAS. If there is a positive/comfortable sensation, do DAS to strengthen the positive feeling. If a sensation of discomfort is reported, reprocess until discomfort subsides.

Savoring the New!

After a clear Body Scan: *“Is there a gesture or movement that would help you connect with that feeling of*

.....

*(name the PC or new positive feeling)?”*

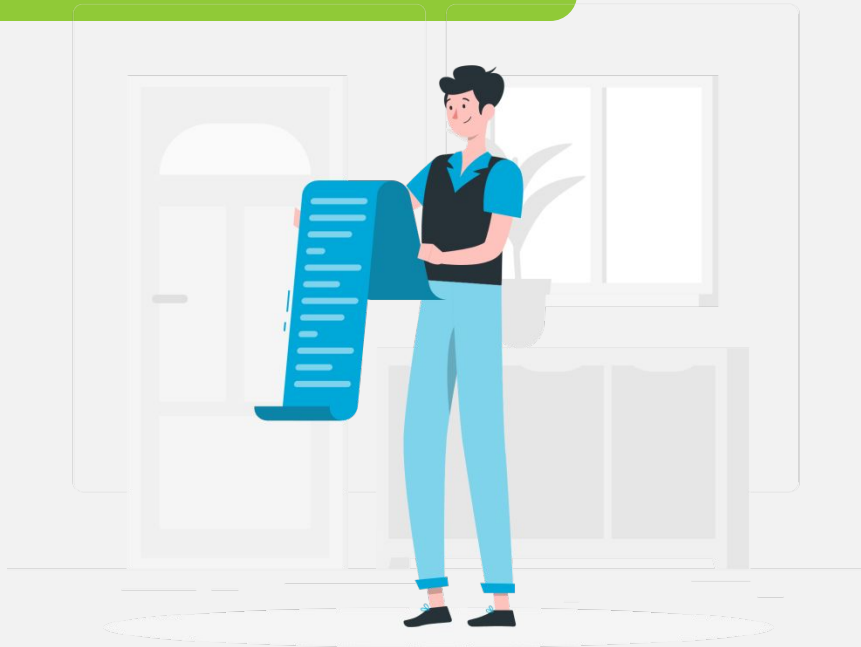




# Phase 7: Closure

An unfinished session is one in which a client's material is still unresolved (i.e., s/he is still obviously upset; the SUD has not gone down to 0; the VOC has not gone up to 7; you have not had time to complete the Body Scan).

The following is a procedure for closing down an unfinished session. The purpose is to acknowledge clients for what they have accomplished and assist them in being present and as stable as possible prior to leaving.



\*\*\* Procedure for closing unfinished sessions\*\*\* If complete go directly to #3.

1

Give the client the reason for stopping. *"We are almost out of time and we will need to stop soon."* Give encouragement and support for the effort made. *"You have done some very good work and I appreciate the effort you have made. What feels like the most important thing you have learned about yourself or for yourself today?"*

2

Do a containment exercise: *"I suggest we do a relaxation (or a container) exercise before we stop. I suggest we ....."* Suggest either a relaxation exercise or a container exercise. Examples include: Container imagery (put it away in a container until the next session); Safe/Calm Place; Light Stream; etc.

3

Read the "Debrief the Experience" section to the client, as scripted below:

Closure for all Sessions: *"The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories, or dreams. If so, just notice what you are experiencing and if you wish you can record it on the Memories & Lies log. Use the resources we have worked on to help manage any disturbance. We can work on this material next time. If necessary, you can call me."*