**Imagery Re-scripting (with coping mode)**

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| Steps | Example |
| 1. Attune to present distressing moment | Tell me about what’s happening? What are you seeing? What are you feeling? What is happening in your body? |
| 2. Float back/Somatic bridge | Now I want you to let go of that image but hold on to the feeling … scan over your early years … allow an image to emerge with that same feeling.  Stay with the weight on your shoulders (body sensation) but wipe out that scene … allow a memory from childhood to come where you also had that weight on your shoulders.  What’s happening? What are you seeing?  What does Little ……… need? |
| 3. Ask permission to speak directly to VCM | Can you bring me into the image with Little ………?  Can I speak to Little …… ? |
| 4. Attune to VCM in earlier memory | What are you feeling? What’s happening in your body? What are you thinking? |
| 4. Catch any coping modes that might be interfering with affect – speak directly or ask the client to speak to the coping mode | I think your DP has just shut you down. Can you talk to him/her and ask why they have jumped in?  DP I can see you have just shut client down, what are you afraid of? |
| 5. Negotiate | Remember it’s safe here, do you need anything in order to let us do the imagery work? Remember we have a safe place we can go to any time we need it? |
| 6. Attune to VCM in the earlier memory | Now that the coping mode is going to give us some space, I want to hear from little …. What’s happening? What are you seeing? What are you feeling? |
| 8. Meet the child’s needs – what would a good parent do? Soothe, provide safety, confront abuser, address schema | I want you to see something different. I want you to see me walk in to that room and stand between you and your father/mother. I walk in and hold little ….. and say “I’m here now”, “I can see you are all alone and I have come to stay” |
| 9. Check in | Is there anything more that you need? |
| 10. Finish – provide safety and positive image or use safe place imagery | Let’s go together and go for a walk, read a book, get a milkshake … can you see that? and when you are ready we’ll come back to the room. |
| 11. Debrief bring HA into current life situation | What was that like? What was the most helpful? Were we able to keep Detached Protector out? What words did VCM need to hear? How can we bring HA into current situation? |

Once the client has a stronger Healthy Adult mode, they can also take the role of Healthy Adult in imagery and re-parent the Vulnerable Child with coaching from the therapist.

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