



FAST TRAUMA TREATMENT (a.k.a. Triple V-K Dissociation)

Use: A phobia is more than just a big fear, it is an uncontrollable traumatic response to a specific category of stimuli. This process is for disempowering the effect of a traumatic event earlier in life. Use this version for people who find the classic “getting into the movie” too upsetting.

PROCEDURE:

1. **RRRO.** Establish a powerful resource anchor. Briefly discuss their phobia and its origin. Have resource anchor ready. Agree “nod” or “yes” as signal for a step done.
2. Ensure client has ability to visually construct (imagine in pictures)

Using light trance (Milton), client eyes closed, using movie theatre metaphor → do this fast ...

3. Have client imaginarily walk into the movie theatre and take a seat in the front row (1).
4. Have client visualise a *still* black and white photograph on the screen, of their safe younger self in the moment *just before* the main traumatic event occurred.
5. Have them imagine now floating out of their body to sit 10 rows back (2) in the theatre, watching themselves sitting in the front row of the theatre watching that still picture on the screen. Then have them dissociate one more stage by again floating out of their body, into the projectionist box (3) behind them.
6. **Anchor** this triple-dissociated state, as client is in the projection box, seeing self in 10th row, who is watching self in front row, watching B&W snapshot on screen.
7. Explain that they are in control in the projectionist booth and have them become familiar with the control panel. Stop buttons / start buttons / reverse / fast forward.
8. Have them turn photo into a B&W *movie* – which they now watch – of their younger self going through the traumatic event. After end of event, stop with B&W still snapshot of self just beyond the end of that unpleasant experience.
ENSURE that client remains dissociated through this viewing, by speaking third person language to them, about client seeing *him/herself, over there* on movie screen, about client being in projection box *here*, and watching younger self months/years ago, *over there*, etc
9. Have the client's present day self go to screen, stepping into the B&W snapshot and reassure younger self that they are from the future, giving the needed comfort and appreciation - assuring that everything turns out alright now - that she/he did best they could with resources they had at the time, ... and that they live to find new learnings about handling this incident, and never have to fear it again.
10. When the younger self is comforted, return to projection box, have the client play the movie of the traumatic event this time in fast reverse, in colour, accompanied with fun circus music or similar. Everything will move backwards going from end to *just before the start*. (Client nod when done)
11. Now have the client integrate the younger self - who has reversed the traumatic event - back into their body. Do this by going back through positions 3-2-1 to front row and then associate by bringing now safe younger self off screen into their body again. Calibrate for signs of integration.
12. Future Pace. If able, test for old phobic response.

If at anytime your client begins to re-experience significant negative K from the traumatic event, STOP. Use the powerful resource anchor, bring them back to NOW. START AGAIN when they are ready.

Source: Derived from Richard Bandler “Using Your Brain”, 1985.