



FAST TRAUMA TREATMENT (a.k.a. Double 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.

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 10th 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 into the projectionist box (2) behind them, watching themselves sitting in the tenth row of the theatre watching that still picture of themselves on the screen.
6. **Anchor** this double-dissociated state, as client is in the projection box, seeing self in 10th 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. At end, 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 after event is over. Then have them do a very fast rewind of the movie, in colour, accompanied with fun circus music or similar. Rewind takes only 2-3 seconds. Use a phrase like: “ And everyone and everything, including you, will move very fast backwards going from the end to the other safe place *just before the start*. (Calibrate. Client to nod when done)
10. Client open eyes. Ask client: “Now think about what it is you were phobic of ...”. Calibrate their response and listen as they describe the change that has occurred.
11. Future Pace.
12. If able, test similar event for normal behaviour. (e.g. spiders, heights, flying, etc)

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.