

RESOURCE INSTALLATION (Edited)

Identify preferred state

“What quality, resource, or strength would you like now?”
Or “What quality, resource, or strength would help you cope
better with _____?”

Identify Resource

"Think of a time in the past when you felt this or experienced
this strongly Or "Think of people in your life now or in the past
who possess or embody this quality".

Or

“Think of who you would want on your side helping you,
cheering you on to feel this. Think of any people out there in the
world who embody this quality who serve or would serve as a
role model for you,”

Strengthen Resource

"When you bring up a picture of that experience or person what
do you see? What colours or textures do you notice? What is
the temperature like? What sounds do you hear? What do you
smell? "

Location of positive body sensation

What feelings come up, or how do you feel now? As you notice that it feels good, where you feel that in your body?"

Install resource

"Now, as you continue to focus on (repeat the client's verbatim description of the image and associated emotions and sensations and where s/he feels it in his/her body), follow my fingers (or tones, taps, etc)."

Provide several short, slow sets of bilateral stimulation with 6 to 12 complete movements in each set. After each set of bilateral stimulation, make a general enquiry, "What are you feeling or noticing now?"

Strengthen resource

The therapist strengthens the resource by repeating the descriptive terms for the image and its sensory qualities, in addition to the location of the feelings associated with the resource and the cue words

Add cue word/s or phrase

"Imagine going a step further in connecting with this resource. As you remember that experience (person), what are the most positive words you can say about yourself now?"

Ask the client to focus on that image together with this word or phrase and notice the feelings. Add the eye movements with the instruction to just notice what happens. Watch the client for changes. Continue as long as s/he reports that the positive feelings have become stronger.

(If at any time the client reports negative feelings, stop immediately, discard this resource and find another)