

Movie Reel Worksheet

The Movie Reel Technique (Desensitizes)

Target Experience. Narrative from beginning to end, or in work small pieces or sections of the event, experience, or representation of a pattern.

SUD (0-10): When you drop into this experience, how distressing is it to you now?

Technique: Have the client go over the experience, as if it were a movie. Start wherever the beginning is for the client. Let the client know you will be gently interrupting throughout their sharing, at times of arousal and where you intuitively believe arousal would be, and do 6 - 12 slow short sets of BLS. Have the client take a conscious breath, and then immediately have the client continue with the story.

Interweave as helpful. In some cases you may want to fractionate the experiences into small pieces/sections, once that section is desensitized, go to the next and so forth until you have completed the event. Continue until the client can go through the whole event more embodied and SUD has reduced by 50% or more.

Repeat. Repeat this 2 - 5 times.

Use your intuition and client's feedback. Do this until memory is desensitized, 50% drop in SUD's, and then move on to the event standard target. Or if early pivotal memory comes up, go to that first.