

## Tips from the field

### FORWARD & REWIND –Haya Libman

I'd like to bring you a technique invented by a child receiving EMDR treatment which can be used with both adults and children. I found out that it is used in NLP but neither me nor the child had been familiar with it.

“Yosi”, an 11 year old boy was physically attacked twice while walking in the street. After a short period of getting to know each other and deciding what we would work on, we started “Resource Connection”. Yosi was invited to bring up any memory where he felt really pleased with himself (This is PRC in the “Envelop of Resource Connection” in the Standard Protocol by Brurit Laub – previous e-journal). He chose a basketball game in which his team won by 26 points and he scored most of the baskets himself. The statement to which he connected was: “I am successful”. We anchored the picture with the sensory, cognitive, emotional and somatic aspects. The name of the picture was: “success”. He then chose to work on the most difficult picture of the first incident when he had been attacked. The SUDs were at a level of 8. By the end of the session he had reached 3.5. We closed the session with the PRC – the picture of “success”.

On the next meeting, two days later, Yosi said that the first incident was bothering him less and he wanted to work on the second one. Again I asked him to bring up the positive memory and he brought up a few memories one after the other (Brurit names it “a fan of resources” and it can arise spontaneously or upon the request of the therapist). Yosi remembered that when he began to play chess he had great doubts about his abilities. He was placed in a beginners group and he had a exciting and meaning experience when he was promoted to the next league and once again – even stronger – when he won his first cup and once more was promoted. Yosi was also able to note that his improvement gives him a much better chance when he plays his cousins who used to beat him easily. Yosi is now able to start the processing with very significant memories of his abilities.

He started at a SUDs of 9 and I used the “watching the video film technique” as a way of distancing the incident. At the stage where the boy said “that’s it, nothing left” I checked the SUDs, it was at 3. I suggested we continued and after the first stop the reaction was “Now it’s a 2!”. We did another set and the boy reported “It’s a 1 now!”. I suggested we continue for another set and he said to me “No need, I did REWIND and played it through and I see that there’s no problem anymore”.

Yosi, who was very happy to have this second meeting was insistent that there was no need for a third meeting. We agreed that if the need should arise then he could call.

Readers are invited to try suggesting to clients to press the REWIND and the FAST FORWARD button as needed in order to increase their sense of control.

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