

Script for Developing a Home Base:

Good morning Donna and thank you for agreeing to have our session recorded today. We'd spoken previously about the need to have a calm space for all of your parts from which to process trauma, and the following exercise, as well as helping you create this space in our therapy session, also allows you to take the space away with you to use between sessions, to create calmness and a sense of stability. It will increase your self-awareness outside of session as well.

There are various ways that we can develop this space for your therapy and there are various names and terms used for it; so if I ever use a word that feels triggering or unsafe for you, please let me know.

So let's begin: be comfortable in your seat with a straight spine, allowing the free flow of energy. You can either close your eyes if that feels most comfortable for you to visualise, or you can gently or softly focus your eyes somewhere in the room.

I'm going to direct you with my voice, on an imaginal journey and I just want you to visualise things as they come up. Everybody does this slightly differently and so there's no right or wrong way to actually do this exercise. You may want to speak during it and at other times you may just want to continue in silence and then we can speak together at the end. OK?

So I want you to imagine a path that's leading to somewhere good/positive. This path leads from the space that you're in right now, and is taking you to this special place. The path may be made of grass, vegetation, sand or cobblestones; just choose what seems appropriate for you and also notice the boundaries of the path - perhaps flowers, grass; perhaps there's just wide open spaces..... whatever feels right to you, I want you to bring into this visualisation. Whatever doesn't feel right or uncomfortable has no place in this visualisation and you can just ask it to leave. Walking along this path now as I already said, takes you to a good place and as you notice this calm place, it can take the form of a building - perhaps a castle or a cottage, even a tree house. Maybe it's an open space for example a forest clearing or a beach. When you have chosen what it is that works best for you, please let me know

Client chooses a beach

So I'd like you just to visualise the beach now... imagine what it looks like for you.... notice where the sea is relation to where you are at this point..... notice are there trees, vegetation, sand dunes?... perhaps there are sand castles, sun-umbrellas on the beach.... just let me know what you see.....**Client describes the beach**

thank you

and now I'd like you to imagine that on the beach, there is a central area. We're going to call it a conference area - a place for discussion, and it should take the form of a circular area in the sand..... perhaps cushions/chairs around a fire-pit just notice and let me know what comes up for you..

Client agrees on the conference space

I'd like the adult, who has come to therapy today, to sit somewhere in that circular area; you can imagine whatever seating is needed..... whatever forms of comfort you need there... perhaps cushions or blankets....some parts of you may want to just sit on the sand, but the important thing is

that in this central area no one place within it, is more important than another.... so just visualise yourself picking a seat that feels right for you.

Now invite all parts of yourself, that are ready, to come and together to choose spaces around this central discussion area..... don't judge what choices are made, just notice, allowing these different parts of you to sit together or far away from each other. Also notice how comfortable they are in relation to one another..... and also notice where they sit in relation to you

Client describes parts – adult part, 14 yr old child part sitting far away – opposite side of circle.

Tell me anything that you can about these parts....

Dark shaded teenage part – can't see face, in her hands, crying. Can't see feet. Drab clothes. Don't like her

Is there any part of you that can be near to her?

Older motherly part, standing beside her, kind face....

Any other parts you notice in the circle?

Client.....

Thankyou - lets also bear in mind that there could be parts of you that do not want to be seen at this point in time, so this space also gives an opportunity for you to notice them also....some may be outside the circle, even in the sea or the sky or the sand dunes...just look around and notice them all. Simply accepting that they're present. When it is right for them to share anything important, they are welcome to do so as each part has a right to speak and be heard.

Client...part in the sand dunes hiding....

It's really important that the adult part of you that came today, is always present at this discussion and while it isn't necessary for parts to like each other, the recognition that they all have purpose is important and that they need to tolerate one another..... simply because they all exist within the one system. At the very end of session even if there are some parts that have chosen not to be present around the circle we will always give a recap of what we've done, so that the whole system is aware of the work that was done.... any decisions that were made and so on. Now that's easy if the parts are within earshot of the discussion space, however if they are far away, we need to have a system whereby information can be passed onto them..... some examples of what other people have used are sending emails, carrier pigeons, messages in bottles..... would any of those feel appropriate for you to use within your space?

Client describes.....

There's a few rules that we have about this place – these rules are to help us to keep boundaries in the therapy work, so that all parts know where they stand and what's expected of them...trying to make them feel as safe as possible. Ill mention them now and see if you agree with them..

- All parts have a place within the 'home-base'
- All parts should feel unthreatened and able to be present. If another part makes them feel uncomfortable, please let me know so that we can work this through
- All parts deserve to be heard AND also to listen to other parts

- Each part has its own calm/safe space within the home base, and a container designed by themselves in which to keep any disturbing material.
- At the end of each session, an summary of what was covered in the session is shared with all parts, as mentioned above.
- Between sessions, I advise that the adult part checks in with all parts at the home base, to monitor how they are.

Are you ok with these rules?

Client responds....

Now I what I would like you to do is choose one of your parts that you're aware of in the home base, and describe it to me with as much detail as you can

Client: this part is about 14 years of age she's she looks really sad, really grey in tone/colour. She looks unwashed... her hair is long and limp.... I can't see your face it's either there's no face or she's hiding it... there's a sense of darkness and shamefulness about her. I notice that she is sitting far away from me, probably on the other side of the of the circle.... not looking at me....

Are you familiar with this part?

yeah I'm aware of her.... she remembers stuff I really don't like to remember. I really don't like this part, feels embarrassing and uncomfortable around her.

Are there any other parts in the system that are perhaps sitting a little bit closer to her? Perhaps parts that understand her?

yes there's older sort of a mother person. She's sitting quite close to her and actually when you mentioned this part, the shameful part doesn't feel quite so lonely, things aren't just as dark.

DEMONSTRATION 2

We talked in an earlier session about how, when we experienced trauma, if the trauma is for any number of reasons overwhelming to the system, then the person struggles to process it and the trauma remains locked within the nervous system in its original sights, sounds and smells et cetera. So in order to process that trauma we need to, as I said, go back to these traumas, from a place of relative safety (like my office here), to help you process to a point of resolution, to where you no longer feel disturbance when you recall it. So with this part in your system she obviously has experienced traumas that have left her feeling very shamed..... Yes (elaborate)

Thanks Donna. Are there any other parts that you're aware of in the circle?

yeah there's sort of an energetic critical part that sort of likes to keep all of us on our toes. They have a sharp face, sharp tongue, sort of business like, business suit. There's some younger parts there too, sort of playing at the beach that's really all I can see for now

OK so let's let's try something..... When we work with trauma, our parts may get overwhelmed and tired and it's there for necessary for each of the parts to have their own quiet space within your HOME BASE – beach. So if I could invite them just one by one to picture where their quiet space could be and if you're able to describe that to me?..... This be very valuable for our ongoing therapy....

yeah well the 14 year old part that we called shame she likes to be in a cave where she can hear the water. The sounds are quite muffled and it's dark and it's cold but nobody comes looking for her there, and she feels less observed in this place

thank you would it be possible for the part known as 'Shame' also to have a container present in this place? This container would hold information or feelings or difficult memories that might come up in our sessions. This container can hold them safely; it has a way of safely closing, that keeps these memories intact until they can be, as we say, brought out for the healing of the whole system. Do you think that Shame could have such a container perhaps in her cave or or somewhere else on the beach?

yes she has a tin, sort of rusty with a hinged lid and she can put things in there. She can bury it under the sand in her cave. She doesn't want anyone else to find this

We're going to go ahead and develop these resources for all the parts if that's ok? these calm spaces and container as well.....

ONCE A CLIENT HAS IDENTIFIED A SAFE/CALM SPACE FOR EACH PART, AND THE CONTAINER, IT CAN BE REINFORCED USING SHORT SETS OF BLS. I ALSO ASK IF THEY FEEL ANYTHING POSITIVE IN THEIR BODIES WHEN THEY THINK OF THESE PLACES, IF THEY DO I ADD A FURTHER SET OF BLS. IF THEY DON'T I JUST GO WITH WHAT THEY CAN GIVE YOU.

DEMONSTRATION 3

Earlier in the week, Donna had attended an award ceremony where she was congratulated publicly for her part in a production. She had emailed the day before saying -

"It's been a really difficult week. I was so proud to be at the ceremony and so many people said really lovely things. I mean it should have been such a very positive experience but I have come away feeling so unworthy, and this has stayed with me all week."

I'm aware that this is a familiar feeling for her, related to her relationship with her mother, with whom she never felt that she was good enough.

Donna comes in, she is in a dissociated state.

Good morning, how are you today?

No reply – stares blankly, extremely sad.

Can I ask the part of you that's here today, what your name is?

No reply

Would it be possible for the grown-up Donna who usually comes to therapy, be here with you now?

Eventually nods her head

Perhaps it would help to go to a calm place to talk about what is distressing for you today, somewhere like your beach? – Do you remember the home base that you set up, you can be in a calm space there. Would you like that?

Donna nods softly

Who's on the beach with you now?

She names several of her parts: A,B,C

NB THE HOME BASE PROVIDES SAFE, PRESENT ORIENTATION FOR THE TRAUMATISED PART AND INCREASES AWARENESS OF THE OTHER PARTS IN THE SYSTEM – AIDING THE INTEGRATION OF THEIR SKILLS; ALSO IT GIVES THE OPPORTUNITY TO BRING IN RESOURCES AT THIS POINT, TO HELP GROW THE ADAPTIVE MEMORY NETWORK.

Would you like to process what you're feeling right now?

Nods

You've maybe noticed some other parts going to a HEALING SPACE on the beach, in other sessions?

Listening intently

So we can go there now if you like?

Nods

Would you like any of the other parts with you? Perhaps there's even one who would be able to speak on your behalf, would that help?

YesA, B and C all feel the same as me, they can be there.

Do you need any of your resources to be there also?

Yes , I'd like my dog Rosie.

DURING PREVIOUS SESSIONS, WE HAD ALREADY ADDED RESOURCES TO THE HOME BASE, USING A MODIFIED RDI PROTOCOL . SHE HAS SEVERAL SIGNIFICANT PEOPLE AND HER DOG, AS WELL AS A SPIRITUAL FIGURE.

OUR NEXT STEP IS TO PROCESS THE TRIGGER USING THE EMD PROTOCOL. HERE I TRY TO GET AS MANY OF THE STEPS OF THE PROTOCOL IN PLACE, BUT SOMETIMES WE JUST NEED TO GO WITH WHAT WE CAN....

Ok so what negative thought are you having about yourself right now?

There's something wrong with me.

And what would you rather believe?

Silence....

Would... I'm ok..... be something that you'd rather believe?

Nods

Just notice the distress you're feeling right now. How big is it?

Looks up – very big

Is it 10?

Way more

Ok is it ok to notice this?

Nods

And can you tell me where you feel it in your body?

Tummy chest ears –(saying this she puts her hands on these areas)

Ok so can I ask all the parts that need to, to look out of Donna's eyes , and follow my finger? I'm going to go a little slower so that all the parts are able to follow.

Good, take a breath. When you go back to where we started today, as it is now, what number is it?

10 -> 10->

We're going to add some foot taps in as well, is that ok? So just tapping one foot at a time with me. That's it good, right, left etc

NOTE SLOWER SETS DUE TO THE DISSOCIATION SO THAT ALL THE PARTS CAN TRACK THE EMS.

ALSO AS THE SUDS DIDN'T MOVE X2, I ADDED IN ANOTHER CHALLENGE TO THE WORKING MEMORY – FOOT TAPS. THIS HAS THE ADDED BENEFIT OF BODY AWARENESS AND GROUNDING. I ALSO DO THE TAPS WITH DONNA AND DIRECT THEM IE RIGHT/LEFT ETC, TO BE COMPASSIONATELY PRESENT WITH HER.

Goodtake a breath....now go back..... what number?

8 ->3 ->0

I've done enough, tired.

Ok are all the parts tired?

Nods

Did they all get to a zero – neutral disturbance?

Nods

Would they all like to go back to their own calm spaces on the beach and rest? I can go back to the conference area and let all the other ones know what we've done and how you're feeling. Would that be ok?

Nods

Ok. Thanks for all your hard work today. Donna will check in with you all this evening and during the week, just to see how things are going.

END