

CONCEPTUALIZING ART® OUTLINE OF BASIC PROTOCOL

BEGIN WITH THE ARTOMETER™: Have client identify sensations/feeling related to the problem/issue.

DESENSITIZATION

INITIAL BODY CHECK: Have client check for sensations and do initial processing with EMs. Ensure they are comfortable moving on.

FIRST TIME VISUALIZING AND PROCESSING SCENE (combined with body checks): Have client “see” scene using sets of EMs; eliminate/decrease sensations each time until comfortable moving on.

SECOND TIME VISUALIZING AND PROCESSING SCENE (combined with body checks): Repeat “seeing” scene with body checks and processing of sensations but tell them to notice what looks or feels different. Give ‘heads up’ how it may change the second time.

RESCRIPTING

THE DIRECTOR™ (“positization™”): Have client change the scene “like a dream,” any way they want to. Make sure they finish changing the scene before moving on. (The Developer of ART created the word “Positization”).)

REINFORCING DESENSITIZATION

THE TRANSFER™ (change the channel): If client still sees original images in addition to the new scene, have them look back and “change the channel” to reinforce/transfer to new scene.

OUTPROCESSING™ (erasing snapshots): Have client look back (as a “detective”), to see if there are remaining stuck images/snapshots; then “erase, paint and replace.”

REINFORCE DIRECTOR™: Visualize positive scene again, advising them that they can add more to the scene if they like.

BONFIRE/PILE™

STACKING PAST SCENES: Ask the client to have their earlier selves drop off and get rid of unwanted scenes in a pile. The client should not see the content of the boxes.

TARGET TRIGGER TIMES™

PRACTICING FUTURE SCENES: Have client run through future scene/scenario where they would normally be triggered. If any anxiety remains, it should only take one or two Sets of EMs to process this out. Then practice future scene again one or two times to process out their negative sensations and then move on to the next step.

SCALING / RAISING CONFIDENCE™

SCALE OF CONFIDENCE™, BAR OF CONFIDENCE™, SEED OF DOUBT™: Have client rate their confidence (from 0 to 10) that the changes they have made will last. Practicing their future scene will raise confidence as will the interventions known as Bar of Confidence and Seed of Doubt.

CLOSING

THE NEW PERSPECTIVE STORE™: Have the client go to the *New Perspective Store* to choose a new perspective now that they have reached the end of their ART session. This will be a good perspective to leave with and reflect back on as needed.

THE BRIDGE™ AND FOUNTAIN™: Have client leave behind anything they don't want and go over the bridge to their new world/life without their problem, and/or have them drink from the fountain of _____ (courage, peace, etc.).

END WITH THE ARTOMETER™: Have client identify sensations/feeling related to the problem/issue.