

If a Client Associates into a Traumatic Memory

Seven:21

Remember, it is not unusual for clients to associate into a traumatic memory during a Mental and Emotional Release®. There are other techniques that actually associate clients into traumatic events on purpose. Unlike these techniques, it is not the intent of Mental and Emotional Release® Therapy to associate the client into a traumatic memory, however it is not unusual. If your client associates into an unwanted memory here is

what to do:

1. "Where are you?" (If the client is feeling the emotions, the client is in the memory—in position C.)
2. Whatever the client says, "Good, just get up above the Time Line so you are looking down on the event."
3. (Pause) "Are you above the Time Line?" (If no, then go back to #2)
4. If yes, "Good now make sure you are in position B. (Pause) Now, where are the emotions?"

Sometimes the Mental and Emotional Release® Practitioner, although patient, has to be quite forceful or authoritarian in getting the client to get above the Time Line. Remember it is important for the client's comfort to get him or her out of the traumatic memory as soon as possible. While we say that negative emotions are good, it is also not good to hold on to the emotions. If the client remains associated it just strengthens the emotions.

5. If steps 1-4 do not work then stand up and clap your hands over the client's head and say, "Open your eyes and look up at the ceiling. Keep your eyes up." (With client's eyes open, go to step #2.)
6. If step #5 does not work, stand up and say to the client, "Stand up and walk with me." Then walk the client around the room at high speed while you do Mental and Emotional Release®.

You may also need to use the **FAST PHOBIA MODEL**