SESSION ONE FLOW CHART

Look through the client form to identify patterns. Make notes of memories, identities and feelings you want to address in the session

Opening demonstration with BASIC PATTERN kinesthetic pattern

Elicit the reason they are there to see you. You can ask "So what's the problem?" You can also refer back to your notes you made on their intake form.

ANXIETY

3 PILLARS

WORK ON THE MOST SIGNIFICANT EMOTIONS USING THE (K PATTERN)

PTSD

PTSD MODEL

USE EPISODIC MEMORY EXERCISE

UNWANTED EMOTIONS

USE (K PATTERN) INTEGRATIVE KINESTHETIC ALGORITHM

USE BASIC PATTERN ON SPECIFIC MEMORIES THAT ARISE

NEGITIVE MEMORIES

USE 9 BASIC PATTERN) ON MEMORIES

IF UNWANTED EMOTIONS ARISE, USE THE (K PATTERN)

SESSION TWO FLOW CHART

Evaluate from the previous session
Check to see how the memories are that you worked on and the emotions
See if any other issues have arisen during the week. Often new memories and emotions will have made themselves present. If so, deal with them appropriately before moving onto the identity work.

Set up the identity work. Give them the I, ME, SELF, & YOU example. Elicit the location, age, and what's happening around each identity

Use the simple algorithm on the identities that are unintegrated
recalibrate and repeat if required

Move onto the identities of others/ using the complex identity algorithm

PSAC's

If any time left, ask them what they want to now go and do? If they show any appreciation for a new challenge, use the complex Kinesthetic algorithm to resolve.