

The therapist facilitates the imagery follow up asking:

Where is the CHILD?

What is the CHILD doing?

How is the CHILD feeling?

Where are You, the ADULT, in relation to the CHILD?

How far are you, the ADULT, from the CHILD?

Does the CHILD see you, the ADULT?

How does the CHILD respond to Your presence?

How do you, the ADULT, respond to the CHILD'S presence?

How are you, the ADULT, feeling?

What would you, the ADULT, like to do or say to the CHILD?

Can you do/say that to the CHILD directly?

How does the CHILD respond?

When you look directly into the CHILD'S eyes, what do you see?

How do you react to what you see in the CHILD'S eyes?

Is there anything more that you, the ADULT, would like to do or say to the CHILD before bringing the imagery to a close?

You may now let the imagery fade away, and when You are ready you may open your eyes.

Cognitive-Behavioral Treatment for Adult Survivors of Childhood Trauma : Imagery, Rescripting and Reprocessing

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