

HOLOGRAPHIC MEMORY RESOLUTION®: RAPID REVIEW SHEET

1 Guiding Principles:

Clean Language, Voice Modulation, Repetitive Recapitulation, Client-Centered Focus. Always begin the first session with a new client using the exercise to create a safe scene.

2 Opening – You may use one of the following to identify the key feeling to commence:

What would you like to see happen in this session?

When you think about this event, how do you feel? (Level 1 event/Level 2 Pattern)

Is there anything particular you want to work on in terms of unresolved memories?

Do you have any physical complaints/pain or tightness arising at this time?

Or have the client scan his/ her body using the color(s) of the “safe scene” from their 1st exercise.

3 Nervous System Support Technique: This element of HMR is usually engaged as the client is moving the color(s) of safety through his/her body. The facilitator commences with the dominant hand along the spine.

Rear Scan along spinal axis – routinely the dorsal horn of the spine (“Reference beam” in hologram theory). Place the hand on the point; remain stationary (Exceptions: head pain, lower back). Once this hand is placed, begin scanning the front with the other hand.

Frontal (Object) Beam: Scan the frontal nerve centers for the active holographic memory fragment that was used to contain the memory.

4 Locating and Defining the Metaphor. (Track using the following questions):

And when you feel this feeling, where do you feel this in your physical body?

And is it on the inside or the outside of your body (or both)?

Does it have a shape, size or color? (S,S,C)

Does it have a weight, temperature, or texture? (W,T,T)

Is there anything else about (this) that you'd like to describe?

(Repeat until the metaphor is fully defined; this stage is often identified by an impersonal [it] statement such as: *It just hurts!*)

5 Defining the Event:

How young might you be when you first feel a(recapitulation)....?*

And where might you be when you're ... (years old)... and you're feeling ...? (Many places = Level 2!)

And what happens then when you're ... (years old) ... and you're feeling ...?

And what happen next ...? (Repeat until T-1 is defined or demonstrated.)

6 Listen and Identify the “T-1” Moment of Encoding:

Continue with: *“What happens next?” “What happens then.....?”*

Until you hear the *“I feel ...”* statement. Let the client define the emotion and moment of T-1.

Three Options after T-1 Is Identified:

If a SPECIFIC AGE is identified, proceed with ‘where’ (location) below. (Level 1)

If MANY/SEVERAL AGES are suggested/identified, proceed to 7.3. (Level 2)

If NO AGE or AGES can be determined, go to Color Replacement: 7.2 below. (Child’s routine reframe!)

7 Resolution Options:

p. 2

7.1 Alter the Trauma Scene (Level 1 - Single Moment Trauma Scene):

If the adult you (or “you as you are now”) could go back and change this scene, what would you like to see happen?

See “Solution Options” – If the client cannot identify his/her desired correction for the original scene, you may offer some options (always as questions) from your experience.

Once the client describes the solution desired, the facilitator responds:

Then take all the time you need to do that (follow with an appropriate pause).

Use your voice to encourage the imaging process and support the client’s proffered solution.

Recapitulate and affirm.

Follow the process with: *Let me know when you have the scene exactly the way you want it. (Wait for response). Is there anything else that needs to happen?*

7.2 Color Replacement: (If the somatic metaphor is not identifiable as a Level 1 or Level 2 metaphor)

Color replacement often occurs when a metaphor has been “emotionally discharged” or diminished, but the somatic site and metaphor have not been replaced with something positive. A void was left. 12-Step Practitioners who have done much “Step-work” commonly demonstrate this.

If there is no age, no location, no T-1 scene emerging, and it is not a “Level 2” trauma involving many ages, (You can check with: “Is this something you felt a lot?”), you can proceed as follows:

What would you like to see happen with a ... (metaph.) ... like that? (Offering disposal options as quest.)

Then take all the time you need to do that ... (pause)... and let me know when it’s gone.

Alternate Language: *Is there a color or colors you’d like to replace a ... (metaphor) ... like that with?*

Then take all the time you need to do that, moving the colors through your whole body.

7.3 If there are many ages or an entire range of time involved, proceed with Level 2 Interventions on the next page: 7.3.

8 Reframing:

When you have the picture exactly the way you want it, let’s put a frame around it of whatever material, color, or colors you would like. (Pause) Can you see what color(s) the frame is?

Let’s move that color/those colors/materials through your whole body ... wherever they will go, but especially through your ... where you felt the ... (metaphor).

Continue moving the color or colors through your whole body for the next few days.

9 Determining Completion/Resumption or Moving to Session Close/Final Question (10 below):

How does your body feel now? (Go to 10 if session needs to end.) If continuing, ask:

Any pressure/tightness/tension left anywhere? See step 4.

(If there are many ages or a range of time involved, proceed with one of the following 3 interventions. Choose to start with the intervention that best addresses the primary focus. Principal Options: Externalize and correctly identify the Feeling, Identify & Detach from the Perpetrators, or Focus on Safety and security enhancement if needed to proceed safely.)

Introductory Key: Identify the Level 2 Feeling/Affect and/or Related Pattern of Abuse/Stress/Trauma

What is the feeling/emotion (or abuse pattern) that is common to all of these scenes?

A. Externalization and Objectification of the Feeling:

If you could pile up outside of you all of the (hurt, sadness, anger, etc.) that you've been feeling, can you see how big the pile (alternative: hole) would be? (Usually go to "B" here.)

Resolution Option only if there is no (B) identifiable source/offender(s):

*If you could get rid of a pile/hole like that, what would you like to see happen?
What color/colors would you like to replace a pile/hole like that? Take all the time you need to do that And let me know when you're done. How does your body feel now?*

B. Identification and Objectification of the Offenders:

If you could line up in front of you all the persons who made you feel like this, who contributed to this, can you see who would be in the line-up?

Resolution Option to Disperse the Metaphor:

If you could return, release this energy to these individuals (person), how would you like to return it? (Options can be offered as questions.) Take all the time you need to ...(hand it back, drop in on head, etc. ... vaporize it... etc.) ... and let me know when you've done that.

C. Invitation to Safety: (Start with this if Fear/Shame/Overwhelm Are Evident)

If we could invite to your safe place all the younger parts of yourself that ever felt this way, can you see how many kids would show up there with you? Is there a color you would send them to remind them of who they really are and that they are safe? Take all the time that you need to do that. Is there anything else you need to tell them?

Level 2 Closing:

(Prior to Memory Closure, there are Processing Options for: Cognitive/Belief System Distortions, Body Image Reframe Color and Boundary Awareness Color – see 7.4)

*What colors would you move through your body to replace (internalized affect) what wasn't yours and to help you manage any that remains? How much of the pile/hole is left that actually belongs to you? Is that more manageable? * **Body Image Reframe or Boundary Anchoring** here.
How does your body feel now? To continue if time: "Any pressure, tightness, tension remaining?"
(Check for any incompletely reframed memories or close with Final Question.*

7.4 Processing Options:

Cognitive Distortion – Impact on Beliefs (Three Questions with EFT/TFT Options)

- A. *What conclusions did you draw from this experience or pattern? (Describe)*
- B. *What was the Negative Message you induced from these conclusions? I am ...*
- C. *What is the Positive/Corrected Message from the reframe? I am ...*
(The corrected message should be anchored in with color/tapping/etc.)
- D. *Anchoring: What color would you move through your body, especially through your ... (site of memory[ies]) to affirm that (positive message). Take all the time you need to do that.*

Note: A “Functional Analysis” Form is now available for CBT clients in order to process events while integrating HMR as an option to decrease “activation” and prevent relapse.

Boundary Anchoring with Color

If you could surround yourself with a beautiful, protective color (that would permit the entry of appropriate, loving, safe individuals and information and would ‘mirror out’ what is negative and ‘not yours’) can you see what color(s) come to mind? (May have to discuss “metallic whites: copper, bronze, brass, iron, pewter, titanium, silver, platinum, gold, etc.).

Instruction: *Breathe that color through your body 52 times over the next few days (we do 16-18 breaths per minute, so do so for 4 minutes or so) to anchor the boundary within your bodymind.*

Body Image Reframe

(Note: This application usually follows a Level 2 reframe involving the significant discharge of a burden or weight to the system and often follows the question: “Is this smaller pile more manageable?”).

**How much food do you need to eat to manage this smaller pile?*

Picture this smaller, lighter body and take a picture of it in your mind’s eye?

What color frame do you see around or associate with the picture? Move that color through your body fifty-two times over the next few days to anchor in the updated body image. Don’t be surprised if your appetite changes and your metabolism speeds up to accommodate the lighter body!

10 Session Close: Final Question and Anchoring

Is there a final color that you’d like to move through your body to anchor in the good work that you’ve done, to thank any/all parts that came up today, remembering that you are safe, and if there are any additional memories or body sensations remaining ... that we will work on them next time? (Use anchoring grounding techniques at this time). Continue using your safe scene colors/images as needed to maintain safety.

11 Process the experience and the implications for the client’s life.