



BWRT Virtual World Protocol

Without instructions/explanations.

(as taught in South Africa)

1. Close your eyes and **think** about the worst memory you have of X,Y or Z.Let me know when you are thinking of it by lifting your right index finger.
2. Now go right into this memory, take yourself right back there, don't watch it on the TV screen ,go right into it, you are **IN** the movie, part of it, **looking** at it /him/her through your own eyes. When you have it in your mind lift your finger to let me know you can see it.
3. Notice what you are feeling, where you are feeling it. Now on a scale 0 to 10 where 0 is not upsetting and 10 is very upsetting, how upsetting is this memory to you right now? (THIS IS THE PAL SCORE)
4. Tell the patient to tell you the score with their eyes closed.
5. Now quickly zoom in to the worst **moment** of this worst memory, and let me know with your finger when you have it.
6. Now FREEZE IT!!!FREEZE IT!!! Make it ABSOLUTELY STILL, **screenshot** it, press PAUSE on the DVD, turn everything into STONE STATUE, ICEBLOCK etc. etc.

7. When you have completely frozen it: Lift your finger.
8. Now create a new memory of what you would have wanted to have happened, preferred to have happened, would have liked to have **happened at that time.**
9. When you have this in your mind lift your finger.
10. Now if this new memory makes you feel better, **lift your finger** to let me know.
11. Now think about where you are right now on this chair.
12. Now I want you to create a memory of something that hasn't happened yet, and then remember it like it has already happened. That's easy to do. I want you to jump to the future. It could be tomorrow, it could be next week, next year,10 years, and I want you to create a **WONDERFUL,FANTASTIC MEMORY** of you looking back and remembering the time you realized that your therapy had been **AMAZINGLY** successful and that you had completely overcome **THIS/your phobia/challenge/situation** etc.. (**use intensity/excitement** in your voice here).
13. When you have that in your mind let me know by **lifting your finger.**
14. Now slowly zoom into the **best part of this best memory.** Let me know when you've got it by lifting your finger.
 1. **NOW loop all the way back to the old frozen memory,rushing forward to the better memory ,think of where you are now,shooting forward the wonderful one in the future where you have completely overcome this and**
 2. **looping all the way back to the old frozen memory,rushing forward to the better memory ,think of where you are now,shooting forward the wonderful one in the future where you have completely overcome this and**

3. looping all the way back to the old frozen memory,rushing forward to the better memory ,think of where you are now,shooting forward the wonderful one in the future where you have completely overcome this and
4. looping all the way back to the old frozen memory,rushing forward to the better memory ,think of where you are now,shooting forward the wonderful one in the future where you have completely overcome this and
5. looping all the way back to the old frozen memory,rushing forward to the better memory ,think of where you are now,shooting forward the wonderful one in the future where you have completely overcome this and
6. looping all the way back to the old frozen memory,rushing forward to the better memory ,think of where you are now,shooting forward the wonderful one in the future where you have completely overcome this and one more time looping all the way back to the old frozen memory and rushing forward to the better one, thinking about where you are now

15. Stop at **"NOW"**.

16. Now let these pictures loop around inside your head and let them slowly fade away into where they're supposed to fade away into... and when you are ready you can open your eyes.

17. Patient opens their eyes

18. Make small talk for 1 – 3 min. (This is the Consolidation Phase)

19. Now comes the CHECK PHASE :ask the patient about their bad memory and which moment they froze and whether they managed the freeze strongly.

20. Ask them about the preferred memory and **check for 2PF** and whether the memory is **directly linked to the frozen bad memory.**

21. Ask them about the Future Fantastic/fabulous Memory. (REMEMBER THIS CAN BE ANY HAPPY MEMORY. DOESN'T HAVE TO BE LINKED TO THE FROZEN MEMORY AT ALL). IF everything is in order, proceed to next step.

22. **Now can you close your eyes again** please and go back to the old frozen memory and when you get it in your mind let me know. Out of 10 how upsetting does that feel to you now. THIS IS PAL 2. if it's 3 and below, you may end the therapy. But it is best to try IR to see if you can reduce it to 0.

23. **Remember with IR it is talking at normal speed and *checking the feelings* at each stage viz preferred memory and future memory and the PAL at the old, frozen memory. (Do this on each IR loop and check the PAL score to see if it is reducing.)**

24. **Stop whenever you have reached 3 or less. Or after 3 IR loops and the score does not change. This indicates the maximum improvement possible for this session. TRY to get a zero, but it is not essential.**

25. **Do a retrigger attempt before they leave, by asking them to try hard to think about the old frozen memory and try to get upset about it again, to try to take it back to the starting PAL. Don't be afraid. You need to be certain and the patient needs confirmation that the intervention is rock solid. Or as I like to say bulletproof.**

WELL DONE!!

Rafiq Lockhat