



## **BWRT Virtual World Protocol,with**

### **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. (Remember to keep the patient ASSOCIATED and REACTIVE). 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. (if 8 and above, continue. If not e.g. if the PAL is 6/7 try to escalate it by using **emotive** words related to the bad memory.( if this does not work ask them to find another memory of the same issue that feels like an 8 or above)

6. Now quickly zoom in to the worst **moment** of this worst memory, and let me know with your finger when you have it.
7. Now FREEZE IT!!!FREEZE IT!!! Make it ABSOLUTELY STILL, **screenshot** it press PAUSE on the DVD, turn everything into STONE STATUES, ICEBLOCKS etc. etc. ( It is **critically important** to use **intensity in your voice here . A normal therapeutic voice will not work here**).**NO FREEZE= NO SUCCESS! So you will need to come out of your comfort zone here and really push for the perfect freeze.**
8. When you have completely frozen it: Lift your finger. (If you get a “YES” continue to next step. If you get a “no” then ask them to open their eyes and discuss what the problem is)
9. 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.**
10. **If the situation is ongoing then the patient must change *their reaction* to the situation.If it is a past situation they can do either..change what happened or change their response.**
11. When you have this in your mind lift your finger.
12. Now if this new memory makes you feel better, **lift your finger** to let me know.(wait for the signal...if nothing happens then say..if it doesn't make you feel better lift your thumb.
13. (if yes continue, if no, **stop** and explore **why** the preferred memory is not making them feel better. By definition it should.)
14. Now think about where you are right now on this chair.
15. 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).

16. When you have that in your mind let me know by **lifting your finger**.

17. Now slowly zoom into the **best part of this best memory**. Let me know when you've got it by lifting your finger.

18. (**DO NOT tell them to freeze this part**)

19. **NOW** START THE NEXT 6 LOOPS. **REPEAT** AS FAST AS YOU CAN FOR 6 LOOPS. DON'T FORGET TO USE **LINKING** WORDS E.G. 'LOOP ALL THE WAY BACK TO THE OLD FROZEN MEMORY', NOW JUMP /RUSH/RUSHING/SHOOT FORWARD TO THE BETTER MEMORY';THINK OF WHERE YOU ARE NOW;'NOW JUMP//RUSH/SHOOT FORWARD TO THE FANTASTIC MEMORY IN THE FUTURE AND REMEMBER IT LIKE ITS ALREADY HAPPENED, AND THEN LOOP ALL THE WAY BACK TO THE FROZEN BAD MEMORY'. (X 6 WITH SPEED AND INTENSITY). **Remember there is no finger lifting once you start the fast looping. It is only for the first establishment round.so...repeat as follows:**

1. 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

20. Stop at **“NOW”**.

21. 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.

22. Patient opens their eyes

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

24. NOW TO THE CHECK PHASE: Now ask the patient about their bad memory and which  
moment they froze and whether they managed the freeze strongly.

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

26. 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.
27. **(This is now the PAL CHECK Phase) 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. If not, COMMENCE **INTERACTIVE RE-INFORCEMENT(IR)** UNTIL THE PAL DROPS to 3 or below. **There is absolutely NO NEED to redo the whole process from the start again. Just commence INTERACTIVE REINFORCEMENT. It highly unlikely that a PAL score will drop to zero immediately after you have finished the initial looping process. SO IR will probably always be necessary.**
28. **Remember with IR it is much slower and *checking the feelings* at each stage viz preferred memory and future memory and the PAL score at the old, frozen memory. (Do this on each IR loop and check the PAL score to see if it is reducing.)** IR is done in the following way ,after you have checked the PAL score ,as in point 22 above, meaning it has not dropped to 3 or less. (TIP: even if the PAL has dropped to zero after the initial looping process, just do 2 rounds of IR anyway to reinforce it in the brain.)
- 29.
- “keep your eyes closed and go back to the frozen bad memory. How upsetting is that to you now? Give me a score out of 10. Now go the better video and tell me what FEELINGS you are getting there. (they must actually say the feelings out loud to you).Now jump to that lovely one in the Future and tell me what FEELINGS you are getting there. Now loop back to that old frozen bad memory, how upsetting does that feel now out of 10? Now go to the middle video, the better one and tell me what FEELINGS you are getting there? Make those feelings bigger, brighter, clearer, stronger etc. Now go that lovely one in the future and tell me what FEELINGS you are getting there.
- You do this at NORMAL pace, but emphasise the FEELINGS.
30. It is important to say their feelings back to them when they tell you, to reinforce it.
31. **Stop whenever you have reached 3 or less. You may try to get a zero, but it is not essential.**

**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.**

32. If there is a full retrigger again,which is very, very rare, there is no cause for alarm it simply means that there is more work to be done. Refer to the TROUBLE SHOOTING GUIDE.

33.

**WELL DONE!!**

**Rafiq Lockhat**