

Four Step Process for Dealing with Flashbacks

1. Describe the experience:

C what are you experiencing? (Sensory, cognitive)

C when have you felt any of this before?

C what was the past situation?

2. What is similar about the present situation?

C setting, time of day/year?

C sensory experience? --sights, sounds, smells, tastes, feels?

C similar person or relationship?

C similar thoughts?

3. What is different?

C situation?

C sensory experience?

C thoughts?

C life circumstances?

C people/relationships?

C personal resources, coping?

4. What do you want to do now to feel better?

C ensure safety

C understand, attach meaning

C provide/receive comfort, reassurance--e.g. via associational cues for comfort and security

Note: over rehearsal is helpful.

--H.Fiske, 1999, adapted from Y. Dolan

Externally Focused Ericksonian Self-hypnosis

(A.K.A. 5-4-3-2-1 OR BETTY'S TECHNIQUE)

5 things I see: I see....., I see....., I see....., I see....., I see.....

5 things I hear: I hear....., I hear....., I hear....., I hear....., I hear.....

5 things I feel: I feel....., I feel....., I feel....., I feel....., I feel.....

4things I see.....

4 things I hear.....

4 things I feel....

3 things.....

2 things.....

1 thing.....

....and repeat as often as necessary.

Assess level of arousal 1-10

Can be done silently or aloud

Repetition is fine

Getting confused, losing track of the number etc. can be good sign

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