

STABILIZATION AND STRESS MANAGEMENT STRATEGIES

For use during sessions, to close down incomplete sessions, or additional stabilization between sessions

LIGHT STREAM TECHNIQUE

ASK: Client to concentrate on upsetting body sensations.

IDENTIFY: SHAPE SIZE COLOR TEMPERATURE
 TEXTURE SOUND (high or low pitch)

"If it had a _____, what would it be?"

ASK: "What is your favorite color you associate with healing?"

SAY: "Imagine that this favorite colored light is coming in through the top of your head and directing itself at the shape in your body. Let's pretend that the source of this light is the cosmos so the more you use, the more you have available. The light directs itself at the shape and resonates, vibrates in and around it. And as it does, what happens to the shape, size or color?"

REPEAT: If client gives feedback that it is changing in any way, continue repeating a version of the underlined portion and ask for feedback until the shape is completely gone. This usually correlates with the disappearance of the upsetting feeling. After it feels better, bring the light into every portion of the person's body and give client a positive statement for peace and calm until the next session.

I Am calm.

ASK: Client to become externally aware at count of five.