

PROTOCOL FOR TREATING PSYCHO-SOMATIC PHENOMENA

- **Close eyes; relax with clearing deep breaths**
- **Focus on the area of body in pain**
- **Visualize the pain**
- **Associate to the visualization to determine the conflict**
- **Depth dive to early roots of the conflict**
- **What is the same in the past and the present?**
- **What is different?**
- **Given what is different from the past about the present, how can the current situation be handled in a new way?**