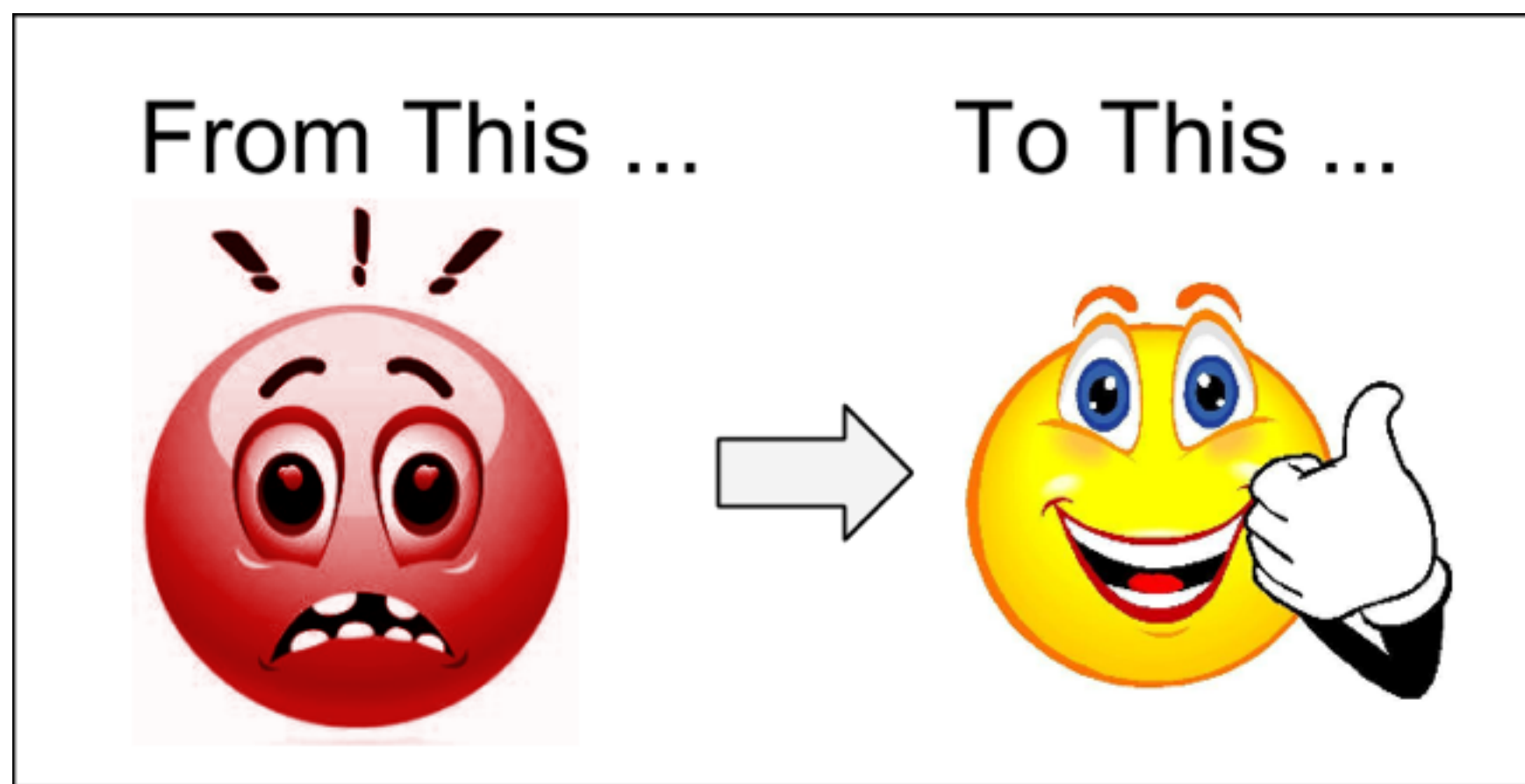


The “Fast Phobia Cure”/ Rewind Technique



History

This was originally developed by the founders of NLP
(Neuro Linguistic Programming) who called it

The VK-Dissociation Technique.

V=Visual

K=Kinesthetic

History

The Human Givens Institute adopted and adapted it and called it “The Rewind Technique” for reasons which will become apparent in a moment.

More commonly it is known as “The Fast Phobia Cure” because sometimes it can help people overcome phobias very quickly.

Principle Of How It Works

The main principle of the “Fast Phobia Cure” / “Rewind Technique” is to help the client change how they hold or perceive an event, or series of events, in their mind/memory.

When successful, this then changes how the client processes new incoming information that may have previously been a trigger for unwanted emotions.

Principle Of How It Works

When the client then tries to refer back to the old memory/event, it no longer causes the same emotional response in the present or future.

I.e. The clients' belief system updates so that the "security system" is no longer activated.

Uses

Two of the most common uses of this method are:

- Treating anxieties and phobias that originate from specific past memories/events.
- Treating PTSD - Post Traumatic Stress Disorder

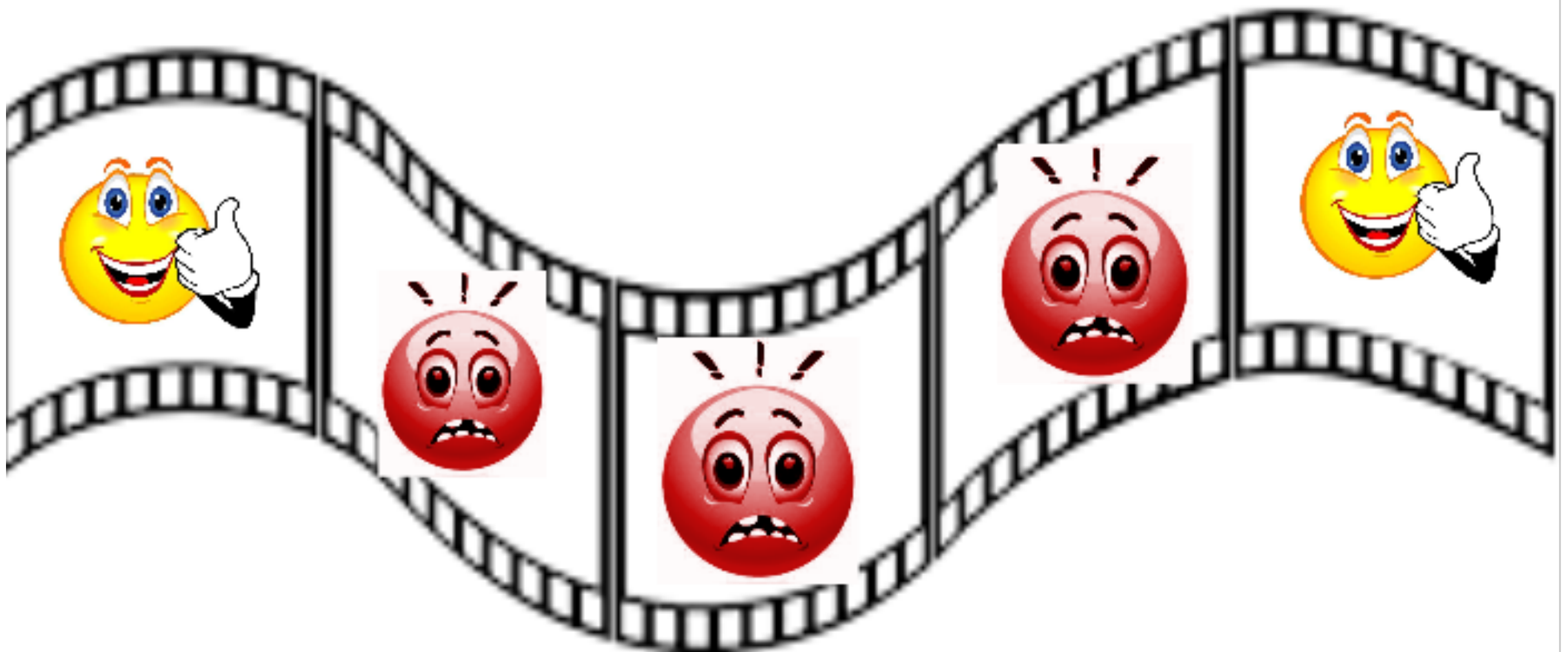
General Method

First let's go through the standard method. Later we will look at ways of adapting it. Here is what we want to achieve:

- 1. Identify when the client has a phobic response to a stimulus or a traumatic or unpleasant memory that they want to overcome.
- 2. Have the client remember that they were “safe/calm” before and “safe/calm” after the unpleasant experience.
- 3. Change how you perceive the “scary/traumatic” events in the middle so that they become neutral or more positive.
- 4. Have the client imagine situations in the future with the new “neutral/positive” response to test it out.

Overview

Unpleasant Memories That The Client
References for How to Respond In The
Future



Cinema Method

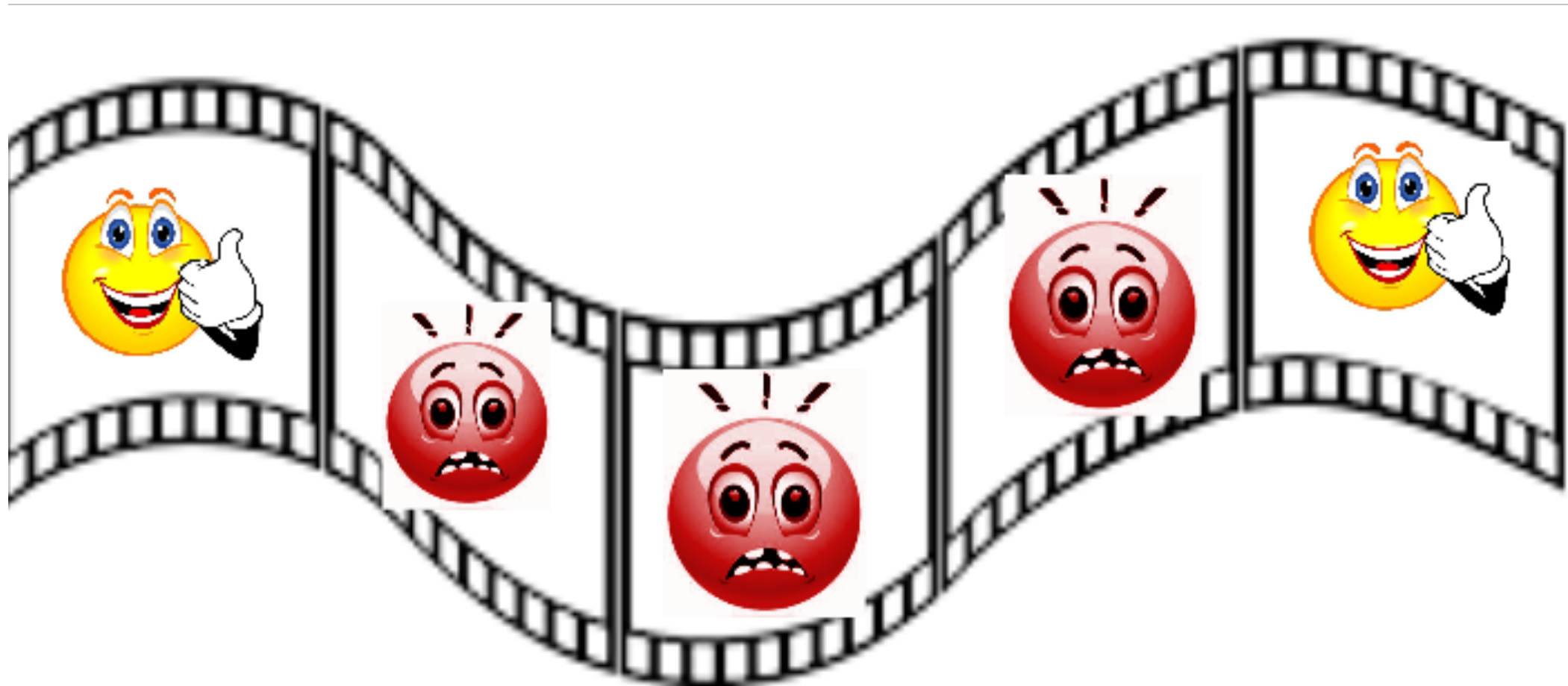
One of the most common methods for applying this practically is to use a Cinema Visualisation.

The idea is to have the client imagine being in a cinema of their own design.

On the screen is a film of the past event that has been causing them distress when they think of it. At the beginning of the film i.e. BEFORE “it” happened they are calm and in a relaxed state. At the end of the film i.e. AFTERWARDS, when all has settled down, they are in a calm and relaxed state.

Cinema Method

The aim is to change the bit in the middle.



Cinema Method

Depending on the severity of the response (anxiety/stress/phobia etc) you may wish to dissociate the client first so that they are “further away” from the screen/scene and so can handle looking at it better.

Cinema Method

A common way to ease the dissociation is to have the client imagine they are sat at the front of the cinema looking at the screen.

Then have them float out of that body and be sitting at the back of the cinema, looking at themselves, looking at the screen.

Then float out of that body into the projection booth, so you are now looking down on yourself, looking down at the you at the front ... who is looking at the screen!

Cinema Method

Once you have found a way to make it OK for the client to look at the screen/film/event, we want to change it - the “film”.

Here are the ways that I tend to use:

Cinema Method

To change the film/memory/event, here are the methods that I tend to use:

- Make it black and white.
- Make it small.
- Make it silent.
- Make it poor quality.

Cinema Method

You want the “before” to be normal, colour, sound etc.

Same with the “after”.

But the bit in the middle needs to be altered so that it becomes less meaningful.

Cinema Method

Once you have altered the “bit in the middle” you can have the client watch through the changed version ...

(black & white, silent, poor quality image, small etc.)

...until they reach the “safe/normal” bit afterwards.

Then ...

Cinema Method

Then ...

Have the client float back into the body at the back of the cinema and then back into the body at the front and then finally back into the screen at the “After” moment.

This “after” bit is in normal everyday colour/sound etc.

Cinema Method

Then ...

... have the client “rewind” the whole film at speed, back to the previous “safe” bit.

... ideally using a silly sound effect as you do this and take no more than a few seconds.

I usually then repeat this several times.

Cinema Method

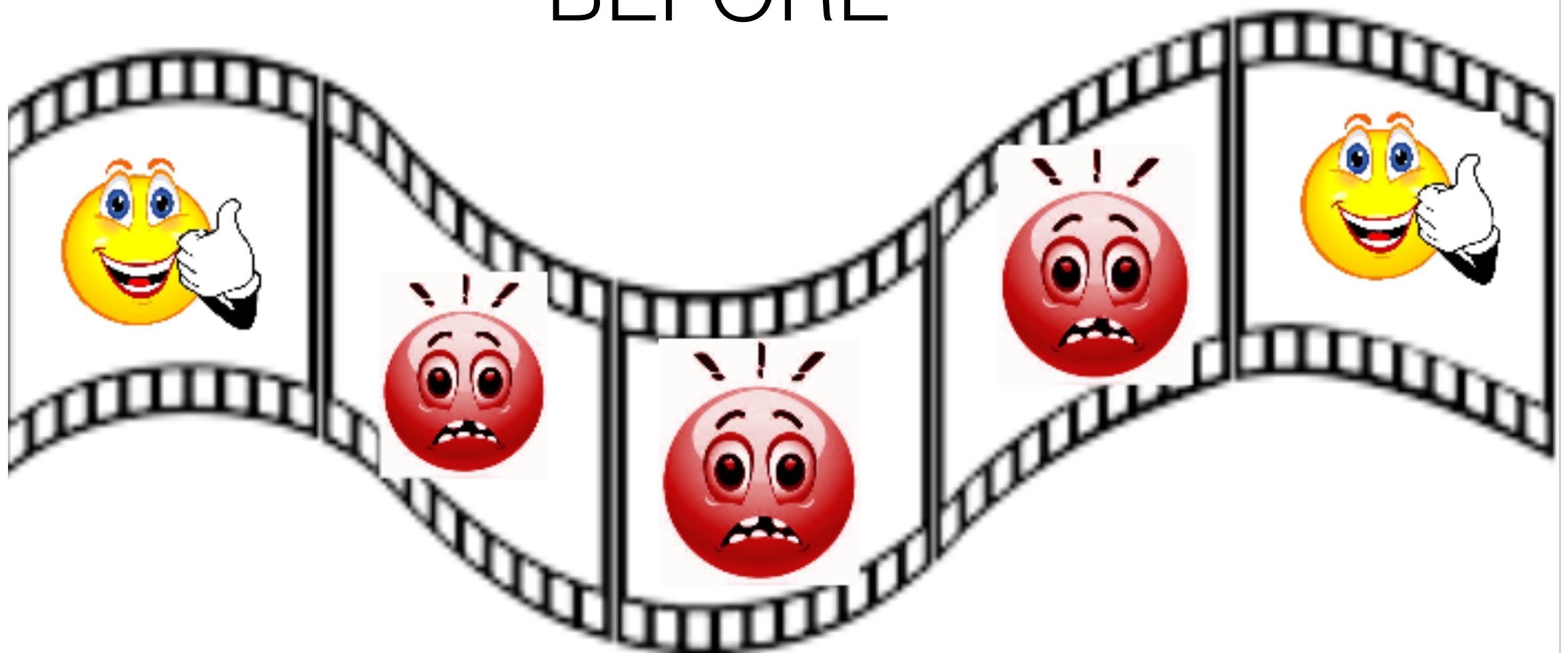
What you are doing is helping the client to change the Memory Flow - so that it becomes:

- “OK/Safe” before
- “OK/Safe” afterwards
- And the bit in the middle is “dissociated”

(disconnected/ not associated/ meaningless).

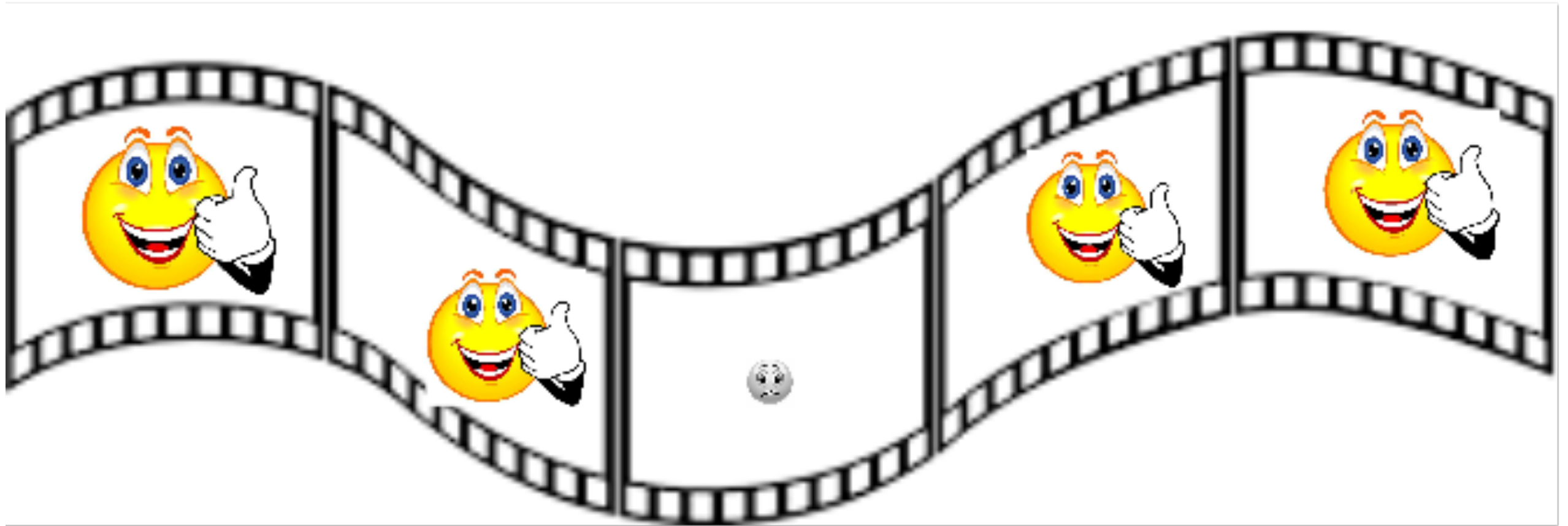
Cinema Method

BEFORE



Cinema Method

AFTER



In a way, all memory-work is designed to achieve this to some extent or other.

This is just “a” tool or method you can use.

Suitability

Because this tends to rely a lot on visual imagination, this method tends to be easier for those who are naturally “Visual” in their modality.

Suitability

When to use this as opposed to other methods.

It depends on the nature of the problem and the nature of the client. e.g.

If someone had one turbulent flight that caused them fear and anxiety on future flights - yes, I may go for this.

If someone had experienced years of abuse then I would probably use more sensitive/emotive methods first of all, but may use this towards the end of the treatment as a way of helping the client truly let go of the past thoughts.

Multiple Memories/Events

When the client has multiple memories or events of a similar nature then you can either do each one individually or ...

Have the client first make a film collection of all the events/memories together. And then use this “collection” as the memory/event.

Remember, go with the principle of what you are looking to achieve rather than rigid rules.

Get Contemporary

Older clients will probably be more familiar with a cinema - (or cine film for those who remember that).

Younger clients may relate more to watching on an iPad, for example.

Be creative, be intuitive and if you get in a muddle or forget one bit ... **relax**. Keep going. The client will most likely be too busy concentrating to notice.

In Hypnosis? Or Not?

Some would say there is only hypnosis, but ...

You can do this as a stand-alone treatment - having the client close their eyes will usually make it easier for them.

Or you can use an induction and deepened to get them really relaxed and dissociated so much more “there”.

Or you can slide it into a Hypnotherapy session along with some suggestion or hypno-analysis if it seems to fit naturally.

Practice

As usual, practice builds familiarity and confidence.

When studying/learning, I would suggest finding a bunch of people who all have fairly simple fear-issues. i.e. caused by a memory or event and use this with each one.

Make a note of who it worked well for - and who it didn't. That way you will build up an Unconscious/Intuitive "knowing" of when is the right time to use this.