



BWRT Virtual World Protocol

(as taught in South Africa)

1. Close your eyes and think about the worst memory you have of X,Y or Z
2. 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, seeing 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
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. Ask them to find a memory of the same issue that feels like an 8 or above)
6. Now quickly zoom in to the worst **moment** of this entire bad memory and let me know with your finger when you have it.

7. Now FREEZE IT!!!FREEZE IT!!! Make it ABSOLUTELY STILL, 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!**
8. When you have completely frozen it: Lift your finger. (If you get a “YES” continue to next step.)
9. Now create a new memory of what you would have wanted to happen at that time, preferred to have happened, would have liked to have happened etc.
10. **If the situation is ongoing then the patient must change *their reaction* to the situation**
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 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 'FLOW / JUMP /RUSH/RUSHING FORWARD TO THE BETTER MEMORY';THINK OF WHERE YOU ARE NOW;'NOW JUMP/FLOW/RUSH 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...**

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
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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 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 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.
Even if you get to 3 keep trying for a zero.

28. **Remember with IR it is much slower and *checking the feelings* at each stage viz preferred memory and future memory and the PAL at the old, frozen memory. (Do this on each IR loop and check the PAL score to see if it is reducing.)**

29. **Stop whenever you have reached 3 or less. You may try to get a zero, but it is not essential.**

30. **Do a retrigger attempt before they leave.** 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**.

WELL DONE!!

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