



## **Protocol for working with children**

*by: Dr Olessya Burgess*

1. In the pre talk we discuss favorite cartoons and characters my clients find positive/ safe/happy, the ones they would like to identify with or would have the same story/ outcome they wish they have (PPF- make sure the outcome is Fair for the child and completely achievable). Are you familiar with the movie 'The Incredibles'? If not, Google it, there is a character named 'Frozone', he is a superhero who uses ice and snow to freeze the enemies and save people. Kids respond well to him/being him (many have watched the show; it was produced in early 2000's).
2. Go for a memory or that feeling you are familiar with- kids are mostly in Alpha, so finding that feeling is not too difficult, as long as they do not have to say what it is aloud. I do not ask if they are familiar with the "feeling or memory", I am sure that in a short period of life they experienced it strongly enough for it to be the problem in the first place. 'Where do you feel it? Is it in your head or body/tummy? Just show or point me where it is yucky/what colour /what shape/object? Is it like something you see/feel (every day)?
3. Ask for PAL: show me/tell me how big/strong it is- nodding is ok absolutely- watch the body response;
4. Invite Frozone (example), making sure image/feeling/sound is as frozen as possible. A child can be Frozone/superman or the character and help out to stop the unwanted buzz.
5. What would you like to feel instead where "it is frozen" ? Show me with your hands if you wish. Has it/feeling/picture got a name? How tall is it/big is it? Colour? We will keep it as a secret, just you and me, ok? It is safe this way (optional). Put that nice feeling/favorite colour etc over the "frozen bit" and find a way for it to stay there.
6. Proceed very much with protocol (I used VW at the start): I use words such as sparkles glow/shine/twinkle , Lego pieces fit in one in the other, rainbow rays are flowing in and out of the body, connecting and recharging, happening HERE and NOW. Go with intensity of your words, rather than the cognitive content. I find the choice of the words is not so important as long as you are speaking very fast, using positive familiar words to the child; what you are doing is making sure the child is familiar with the change on the somatic level/reassurance of safety.
7. Ask a child to imagine something wonderful in the future happening to them, must be in small details, when they know they felt safe/happy/relieved/ not confused any longer. If one is familiar with NLP, go for future pacing/ Time Line Therapy bit. Get the response verbal/somatic before proceeding....
8. Now link the future with the frozen bit- now- future- freeze- now-.... over and over again. Speaking faster if you can, turn it into a game, go with the flow, all you are doing is creating a great pattern interrupt with the pleasant content, empowering

the child. For example, frozen picture/past - thawing now, blooming- blossoming in the future like a fragrant garden- back to freezing bit/not as frozen now- more strength in the plant now- picturing bright flowers in the future.... speak very fast if you may. I used the flower metaphor with 7-12 y.o girls and they really liked it. Kids need an element of a game to engage, so being a bit creative worked for me so far.

9. Resting time- very much the same as in the original protocol.... chatting about toys at home, favorite activities..... give it 1-5 min.... rest, toys, water, drawings, etc.....
10. Ask if that feeling/vision is still here/there.....check the PAL. Proceed as per the 'standard' protocol from here.