

The Absorption Technique (Arne Hofmann)

Purpose: To make sure that the client's day-to-day life is calm enough to move on to trauma work.

Issue to focus on:

SUD: ___/10

3 Abilities/Skills/Strengths/Resources to deal with the issue: _

Ability

1. _____

Ability

2. _____

Ability

3. _____

First Ability

Time in past when had the ability:

Image that represents that situation: _____

Image + That moment in time + Where do you feel skill in your body of ____ (name resource)?

Location of sensation: _____

Enhance (Resource + Image + Feeling in body + BLS [slow, short set])

Notice - If positive/ negative, do another set.

If continues negative, look for another resource

Second Ability

Time in past had the 2nd ability: _____

Image that represents that situation: _____

Image + That moment in time + Where do you feel skill in your body of ____ (name resource)?

Location of sensation: _____

Enhance (Resource + Image + Feeling in body + BLS [slow, short set])

Notice - If positive/ negative, do another set.

If continues negative, look for another resource

Third Ability

Time in past had the 3rd ability: _____

Image that represents that situation: _____

Image + That moment in time + Where do you feel skill in your body of ____ (name resource)?

Location of sensation: _____

Enhance (Resource + Image + Feeling in body + BLS [short set])

Notice - If positive/ negative, do another set.

If continues negative, look for another resource

Getting the Resources Together

3 Abilities together + Location of them in body + Nod when in contact with all 3 body feelings

If nods, add BLS.

Check for the Issue

Feel resources + Look back at issue that troubles you = SUD: ____/10