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

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