

Loving Eyes

Created originally by Robin Shapiro

- ▶ Have client pull up his/her safer, calmer place.
 - Have the client imagine him/herself as a child in this place.
 - Ask how old the child is and ask what he/she looks like.
 - Allow the child to interact with the ANP.
 - Have the ANP look in the child's eyes.
 - Have the client remind the child "I will never leave you." This is an acceptable promise because the client literally cannot let the part down!
 - Assess client for emotions felt and body sensations felt.
 - You can install with eye movements if you are trained to do so.