

ENHANCING A PROCESSING RESOURCE

Wedging (Kiessling; a.k.a. Absorption Technique [expanded], Hoffman)

Step 1. Measure the 'fear of doing the processing': 0–10

"As you think of the processing we are going to do today, how anxious are you, 0-10?"

0 1 2 3 4 5 6 7 8 9 10

Step 2. Identify a resource needed to help manage 'doing' the processing

"What skill or strength do you need to do the processing today?"

Step 3. Access and activate an incident when that resource was successfully used

"Tell me a time when you have successfully used that skill."

Step 4. Strengthen that incident's emotions, sensations, belief

"Focus on the positive feelings and sensations you have when you recall that incident."

Step 5. Enhance - tap in or walk through how it feels (clinical judgment)

Step 7: Cue word

"What word or phrase describes that skill?" _____

Step 8: VoC :Now when you say that word and experience those positive feelings, how true does it feel, 1-7

Step 7. Measure the 'fear of doing the processing': 0–10

"As you think of doing the processing today, how disturbing is it now?" _____

0 1 2 3 4 5 6 7 8 9 10

Step 8. If the 'fear' has reduced, and the client is willing, move into processing

- Resource may be used during processing as a clinical intervention.