

## The Basics

*Given what we've been discussing, is there anything I should be aware of as we start working together?* [Double check on any medical concerns (eye issues, seizures, cardiac concerns, etc), acute life stressors, or any history of “disconnecting” or “numbing out.” If any of these are present, check with your facilitator.]

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*Before we start, let's get comfortable with our seating positions and the form of BLS you would like to use today.*

- Ships passing seating
- Distance from client's body and face (as close as is comfortable for the client is best)
- Identify client's most comfortable / relaxing type of BLS (form and speed) for creating Phase 2 resources

*Given that you have to go back and live your life at the end of the session, if there were one bothersome thing you'd like to focus on that you'd be willing to process and / or would give you the most relief, what would that be?*

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## Directions for Use of Container and Happy Place

These are two affect management tools that can be very useful for clients to have and a great way to introduce them to the power of bilateral stimulation (BLS).

Before the client gets too far into history, make sure s/he has an experiential understanding of the effects of BLS. This is a script you may choose to use...

*Before we go any farther into your history, I'm going to help you create a couple of useful tools or resources that I call a Happy Place and a Container. I like to do this with all my clients for three reasons:*

- 1) it's a nice way to learn how your brain is going to respond to a bilateral signal — something that goes back and forth, side to side; [you can go into listing the various ways you can do that — fingers, lights, music, beeps, buzzies, taps, balls, etc]*
- 2) it will give you a way to handle the bothersome things that can happen in the outside world so they don't add more yuck to your pile; and*
- 3) if something gets too big while we're processing yucky stuff in here, you can say “Time out!” and use these tools to help you. Are you game?*

*First, we create the Container. That way, we can put the yuck away first and don't have to be as concerned that it will contaminate the creation of the Happy Place. Once the Container is in place, we create the Happy Place.*