

RET Advanced Workshop



Radical
Exposure
Tapping

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Checklist

Session 1

- Problem and goals for therapy
- 3 gen genogram
- Safe Place
- PCL and DASS

Session 2

- Trauma List

Session 3

- PCLC
- Tapping first memory

Session 4

- PCLC
- Check in last session's memory
- Tapping second memory



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Memory Components

- Picture- Sensory input
- Affect - Located in bodily sensations
- Thought - Core negative cognition – “I am...”
- SUDS - distress number out of ten

- Float back to earlier touchstone memory



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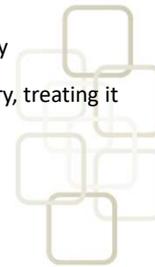
Regulating Affect

Is the client likely to become hyper aroused and dysregulated?

- Check for history of panic attacks
- Check for high scores on PCL and DASS
- Client expresses fear of working on the memory

If yes, start less intensely.

- Target the fear of panic attacks, or the fear of working on the memory
- Use the wide-angle lens rather than the detailed focus on the memory, treating it initially as a story or a movie
- Tap on abstract words "this bad memory", "the story of the assault"



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Decrease intensity

If hyper aroused during the tapping.

- "Look at me". Keep the client connected with you in the present moment.
- Insist that the client keeps tapping.
- Keep tapping several rounds without stopping until affect decreases
- Tap without using the keywords
- Use reassuring words that distance the memory: "It is over, it is just a memory"



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Increase Intensity

Does the client's affect drop just as you start to work on the memory? Or does the client not show significant affect to an event despite saying that it was disturbing?

If yes, increase intensity:

- Focus on the memory hotspot, and the most emotionally intense image. (If it was a movie, take it to the most upsetting or disturbing scene).
- Watch client's reaction to specific words and repeat those words that show most response "my baby".
- Float back to earlier memory.
- Insert time travel component.



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Reintegrate body sensations

Does the client have body feelings that do not disappear with the tapping rounds?

- Throat tight
- Hands or arms tight or heavy
- Legs want to move



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Take that sensation back into the memory and tell me what your (body part) wants to do?

Throat tight – want to scream or say something

Hands or arms tight or heavy – want to hit or punch

Legs want to move – want to run away.



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Time Travel

Guide the adult part to help the child part get needs met and resolve the situation:

- adult self stands up to the abusive adult.
- child completes motor activity
- adult takes action to complete situation
- adult takes the child away to a safe place.

Optional:

Therapist time travels back with client as observer. Steps into
lend a stronger voice.

Before beginning, client identifies stronger wiser others who
can be recruited for help.



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Time travel script

Is there a part of you that relates well to children?

or

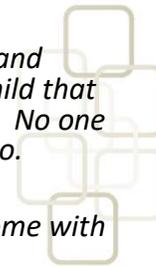
Can you get in touch with that part of you relates well to children?

or

You are a mother now (father) who knows how to talk to children.

In a moment, I am going to ask you to close your eyes and imagine that you are going back in time to meet the child that you were. It is like going into a movie that is on pause. No one can move or speak until you are ready for them to do so.

Do you want to go by yourself or do you want me to come with you?



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Close your eyes now and go back in time. Tell me when you are there.

Go up to the child that is you and introduce yourself. Tell her that you are her older, wiser self, and you have come from the future to help her.

Ask her what she is feeling. What does she say?

Ask her what she needs right now. What does she say?

Therapist guides the adult

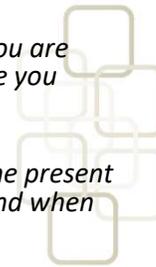
- to help the child to safety and to get her needs met.
- To enact scenes of empowerment



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- *Ask the child if she wants you to take her anywhere?*
- *[If yes, direct the adult to take the child to a safe or desired place.]*
- *Is there more that the child needs to say or that you need to say to the child?*
- *When you are ready, said goodbye to the child.*
- *Look around, is there more work you need to do while you are here, someone else you need to speak to, something else you need to do?*
- *And now you are going to travel back through time to the present until you find yourself back in the room here with me. And when you are ready, open your eyes.*



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