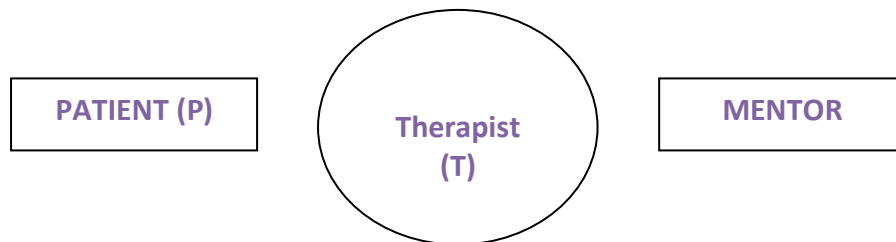


## PROTOCOL : THE MENTOR'S RESOURCE

**Objective** : After setting up a new belief, set up a resource with a mentor to reinforce the new belief.

**Technique** : Go in another space and see things differently. Set up of perceptual positions.



1) Starting with a problem, P identifies a Mentor, a guide who cannot have this problem.

2) The therapist asks P to describe this mentor who is sitting on the other chair.

3) P then sits on the mentor's chair

T (very respectfully) asks the Mentor :

*"What are the important values in your life."*

*"What is the central value ?"*

*'What are your beliefs : about yourself, life, others, the world, the future... or in relation to the patient.' – "Do you have a message for this person (the patient) ?"*



4) P returns to his seat and T reformulates the answers.

P. writes them down and let them "infuse".

5) T asks P : *"What do you understand, what do you decide to put in place ?"*

6) Bridge to the future.