

PROTOCOL**2 WORDS – 2 HANDS**

Principles

1. Everything is revealed in the first sentences the patient says (Jean-Jacques Laguardet's discovery). The first sentences reveal the secret problem of the patient.
2. Predicates : we speak from the organs that are in conflict.
3. Underneath every conflict, there is an unmet need. And when we satisfy the need, there is no more conflict ; it can't happen anymore.
4. Constellations occur when there are at least 2 active conflicts.

Process

1. The person explains the current active emotional and behavioral problem she is dealing with personally.
2. Pay attention to the first sentence the person uses to describe her difficulty. The therapist calibers, observes, fine tunes by listening to the verbal, para-verbal and non-verbal elements – meaning listen to the way the person talks about her problem but not to what she actually says.
 - a. Listen to the first sentence
 - b. Through the predicates, look for the 2 organs that are in active conflict.
3. Make an hypothesis about the 2 active conflicts that cause the problem.
4. Find the unmet needs
5. Search for 2 experiences where those 2 needs were satisfied. Then take 2 pieces of paper to represent each experience.
6. Put the 2 pieces of paper at the same time on both hands (palms up) with an anchorage on each hand.
7. Verify with the person if she still has the problem
 - Either the problem is gone.
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- Or the person feels better but she is missing something. In that case, listen carefully again and make another hypothesis with another piece of paper (conflict, need, anchorage).
8. Once the conflicts causing the problem are identified, make a timeline for each feeling in order to transform the programming conflicts. Verify.