

PROTOCOL Negotiation between ID and SUPEREGO

- ID : own personal biological needs
- SUPEREGO: The rule, the norm, the law... (I must..., I should..., I'm expected to...)

Objective :

- This protocol allows working on the locking conflict of Judgement (Thalamus).
Simpler than the protocol "The Trial" (see during previous classes)
- This protocol allows working on beliefs
- This protocol allows working on all the bio-shocks when there is *sideration*

Patient (P) – Therapist (T)

1. P places 2 pieces of paper on the floor: one for **ID** (own biological needs) and one for **SUPEREGO** (rule, norm, law...).
2. P connects with a difficult conflictual situation (it can remain secret)
3. P steps on the piece of paper **Id**, expresses his felt feeling, identifies his needs (after the 1st need is expressed... what is the more profound need... this need will satisfy what other need?). T invites P to welcome and express everything that comes without censorship or control.
4. P stands on the paper **Superego**, and expresses what should be done..., what should not be done... T verifies that's the Superego that speaks "I must, I should...". T invites P to welcome all the censorships that show up. T asks "what does this mean this rule/law... what it makes believe? Who this (belief) belongs to? Where does it come from? Who says that? Are you sure this is true? Who told you you had to obey...? (transgenerational).
5. T proposes to P to look at the **Id**. T reformulates the **Id's** needs and the **Superego's** needs... What is the felt feeling of **Superego**? What are you feeling?
6. Associated: P gets out of those 2 spaces and comes back in his own space, and observes. Notice and welcome the difference. T reformulates ... the needs: "I need..." and the rules: "I must...". P symbolizes them with an object or a character. T asks P to choose a place to put those 2 elements together.
7. P moves away from the 2 elements and let them dialogue by themselves, the time that is necessary: a few minutes, a few hours, one day, one month, one year...? T "keeps" P busy during the time of the negotiation while they move toward reconciliation.
8. T : "the time of the negotiation is over... how are they doing?"

9. T makes P stands on **Id**: “how does it feel?” ... P describes the changes.
10. T makes P stand on **Superego**: “How does it feel?”... P describes the changes.
11. TEST: T makes P stand again on **Id**: “when you think again about the initial conflictual situation (from step 2), how is it?” Welcome the new beliefs, sensations, behaviors...
12. T asks P to stand with one foot on each piece of paper in order to integrate this new relation between **Id** and **Superego**.
13. Generalize this new learning to 2 similar situations in the past.
14. Bridge to the future.