# **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.

**MENTOR**

**PATIENT (P)**

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.