

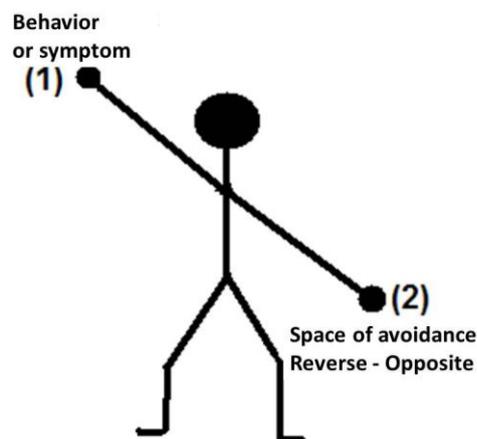
PROTOCOL

THE SEMAPHORE

Indications : for excessive and bothersome **compulsions, dependances and behaviors**.. Eventually for a physical symptom (1)

Objective : To identify the avoidance of what really causes the problem (2). To create a new space (3) and move to the feeling of the being.

Ex : (1) hyperactive behavior (2) feeling boredom



Patient (P) – Therapist (T)

1- P raises his right arm (1)

This represents the symptom/behavior, what P wants to achieve consciously or unconsciously.

2 – P lowers his left arm (2)

This represents what P wants to avoid, consciously or unconsciously.

3 – T asks the following questions to define (2)

- *“What would happen if you can't (1)...”*
- *“What would be the inconvenience of not doing ... (1)... ”*
- *“What is it that you don't want to see... to hear... to feel... ?*
- *“ what is it that you want to avoid, to run away from ?”*
- *“What has been the inconvenience for not doing (1) ?”*
- *“What is the sensation, the emotion ?”*
- *“Is there another inconvenience for not doing (1) ?”*

4 – Creation of a new space of non duality (3) – the feeling of the being

*“Imagine that between your arms, in the middle, there is a corridor, a path, an opening... a **space of freedom**. Imagine you are going to walk in the center... and you move forward, you walk, you fly... until maybe you meet **something that is beyond this**... You walk toward this new experience... you explore..., you discover..., you breathe..., you welcome...”*

Welcome everything that comes.

The therapist must be creative. Symbolize in a metaphorical way with a new landscape, another universe, another planet... a **space of freedom**. The therapist must **caliber and allow enough time** for the transformation to take place.

5 – Verification

“And now that you are in this experience :

- *When you think again about... (2)... left hand ?*
- *When you think again about ... (1)... right hand ?*

“ What do you feel, what are the sensations, the discoveries, the new behaviors ?”