

# 10 REFORMULATIONS

**Important** : Start the reformulations gently, with caution : It seems like, if I understood properly, if I heard you well, I have the impression that...

- 1) **Reformulation word for word**
- 2) **Open reformulation** : Start a sentence, then leave it pending for the patient to finish it... (can be useful with discrete people).
- 3) **Synthetic reformulation** : Synthesis of what has been said (can be used with talkative people)
- 4) **Reformulation of the emotion** : Calibrate the internal state, the possible emotion (to verify) : It seems to me that you feel anger, that there is sadness in you...
- 5) **Split, fragmented reformulation** – Ex : a part of you is.... while another part of you is oriented toward healing (enable to free a sub-personality++)
- 6) **Reformulation as "I"** – Ex : "if I put myself in your place, I experience..., I feel ...."
- 7) **Reformulation of the objective** : oriented toward an implicate or explicite change.
- 8) **Reformulation related to time** : if the patient talks a lot about the past or the future...
- 9) **Reformulation as shadow puppets** : ex : you never talked about your daughter, your job...
- 10) **Reformulation of the verbal and non verbal** : Reformulation of coherence, of everything that has been said and what we have observed. Ex : you came to my office today, your breathing is calm..., if I understood properly what you said...