

PROTOCOL**THE THEATER**

Objective = This protocol is useful to people who have a hard time to get in contact with their emotions. They are people who experienced attacks/aggressions and have dissociated them from themselves. They come to therapy because they have a disease or are failing in their lives.

Process = we bring the person to the theater, to watch a play in which they will create everything.

The way it works = It will be effective because those kind of people are armored, locked, mental ; they have no sensation, they don't feel anything. They are dissociated and by dissociating them we actually re-associate them. Indeed, they are aside of themselves and by dissociating them we put them aside therefore with themselves. So we must dissociate the dissociated people.

1. **The person makes herself comfortable** on a seat. Have a piece of paper and a pen ready in front of her. She can move her muscles, relax, yawn if she wants, and as soon as she is ready, she can close her eyes and breathe through the mouth. And...
2. **Dissociated position : observer** → "I bring you with me to the theater of your choice, in the room that suits you very precisely. You are the one who chooses the decor, the volume of the sound in this room which can be very big or small. Maybe there are people or no one. Maybe there is some music or human voices or just silence. In any case it's you who, of course, sets up all those visual and auditory modalities. Maybe there is a lot of light or it's dark. And on the stage, someone's stories are going to take place. I don't know if it's a man or a woman, anyway it's you who decides, everything is good. And you write down on a piece of paper if it's a man or a woman. This character appears on the stage : how old is s.he about (give or take 1, 2 or 3 years)? Write his/her age down. Around this character who is appearing on this theatrical stage, what do we see ? is it in an apartment, in the city, in the country... ? Look at it, observe, listen to this character. S.he is X years old, s.he is standing there and s.he is going to start playing an emotion. S.he is playing a very precise emotion.... Write this emotion down. Observe her/him : how does s.he do to express and live this emotion ? does s.he scream ? Does s.he laugh ? Does s.he roll on the floor ? Because, you see, on this stage everything is possible, everything is permitted, without any limit... Observe her/him and learn as if you were his student : how does s.he do it ? Notice all the details, the position of her/his body, the tones of her/his voice, her/his attitude... And you write all that down. ... You continue to observe, you are here sitting in the audience in the theater ; you can change seats and places, go on the balcony or in the orchestra... get closer to the stage... and as you're moving around maybe things are happening inside you depending on the location you observe this character, this woman or this man...
3. Until the moment where you witness a special effect, as it's possible in plays. This character freezes and on another stage, right behind her/him, a light is casted on an other event s.he has experienced. On an event where for the very first time s.he has felt this emotion... It's a solemn moment, it's very important ; it's a poignant moment in the play. We are going to witness a dramatic moment, over there on the stage. You listen, you watch, you understand and you can feel... This scene in the background is intensely lit, luminous, sometimes the sound is very loud and we can hear all the details ; sometimes it is dark and we have a hard time to perceive the sound. Sometimes the sound is even shut down. Everything is possible. And of course, if you want, you can go and see over there, move around and get closer, or look through a pair of binoculars which allows staying away safely and observe closely, and adjust the focus. Over there, in this drama, you are about to discover one detail. Take all your time, there are some long seconds, infinite minutes, during

which so many things and more happen. In any case, what I know and you probably know as well or ignore it or don't know yet, is that behind this first stage where the scene of the drama takes place, behind it over there, there is another stage....

4. This other stage is even more secret. It's a scene of happiness, of bliss, serenity or joy... A scene of jubilation or of love, or of tenderness... A scene of harmony, light... A scene, over there, even further away... from which you are now going to be able to listen, watch, discover, welcome, feel.... Become aware of everything that emanates from you from that location, everything that is here for you only, just for you since... a very long time... And little by little, a part of you is going to get closer and closer from this perfect place, good, soft, at the same time relaxing and energizing... a place with delicate scents, subtle flavors, magnificent sensations, in which all your senses can be fulfilled and satisfied if they want to, if they wish it... in this place... from which you can maybe get closer, in a conscious manner... or if you prefer in an unconscious manner... And this way, if you were in that place and that would look at your life, the many and different events, the instances from this point of view, ... would come as a message, a wise message which will allow you not only to grow, but to go through your many experiences like many play stages where one pretends to have worries and problems to better grow... and grow, and grow... until today, now here in your life... until tomorrow, the rest of your life...
And a part of you draws conclusions that are good for you and beneficial for you for the next coming days, ... weeks. And when I know that you know that your subconscious continues to reorganize everything that you have known thanks to the experiences, thanks to the benevolent people, which allowed you to continue growing in consciousness... This allows you to allow you to be YOU, to feel what you are feeling, to think what you're thinking, to live your life, to feel emotions that resonate, quiver, shiver, that shine in you... and of course this is very good... and you are going to get in contact with the room you are right now, with what is happening around you... and then take the time to write down what you wish to write on this sheet of paper...