



## **CLAUSTROPHOBIA – MATRIX SCENE REIMPRINTING SESSION**

KARL: Sarah, what's the problem specifically?

SARAH: I have claustrophobia. I've had it for years.

KARL: What triggers it?

SARAH: The most recent thing is probably the en suite shower downstairs. It's really small and sometimes when it's really hot in there and steamy I start to get a little bit ---

KARL: Just close your eyes and just get into that feeling of being in that closed space and it's hot and steamy.

SARAH: Yes, I already have it.

KARL: What do you feel and where do you feel it? Am I okay to tap on you?

SARAH: Yes, you're okay. It feels it's all in my chest.

KARL: How intense is it right now?

SARAH: I do not know. It's about a five.

KARL: This is quite low. Does it get higher than this?

SARAH: Yes. It's not really, really intense but right now it just feels like I've a real weight in my chest.

KARL: Okay. You're quite visual. What colour is that weight in your chest?

SARAH: It's like a smokey grey.

KARL: What kind of size is that smokey grey colour in your chest?

SARAH: It's quite big. It's quite dense.

KARL: Dense, heavy. What would it be made of? Metal, wood, air, water?

SARAH: Like really thick smoke.



KARL: Really thick, dense, heavy smoke?

SARAH: Yes.

KARL: What would the emotion be in that thick, dense, heavy smokey feeling in your chest?

SARAH: Panic. Is that an emotion?

KARL: Is it still a five. Is it getting worse now as we're tapping? Does it bring it up more information? Does it make it worse, that dense, grey cloud of panic?

SARAH: It's about a six.

KARL: So it's a bit more then. It was a five before?

KARL: When you think of this grey, dense, smoke in your chest what's the earliest time you can remember feeling that? Just whatever comes to mind. Don't try to force anything. Just see what comes up.

SARAH: The first memory that pops up is when I was staying at my aunt's house years ago.

KARL: How old were you?

SARAH: I was probably in my late 20s, do you want me to just explain the picture?

KARL: Have you worked on this before, because I know you've done quite a bit of EFT?

SARAH: I don't think I've done this one, no. This was just a past time when I had a panic attack because I felt really claustrophobic and it symbolises one of the things that will trigger me.

KARL: Tell me what's happening in the picture. Where are you?

SARAH: I'm in the bedroom on the top floor. She has a four storey house and I'm on the top floor and I'm sharing a room with my friend, Louise, and we've been out and got back that night and I think Louise was in the bed and I was sleeping on a mattress on the floor or something. So the picture is - well, I'm in the picture now.

KARL: You can see yourself that picture, can you?

SARAH: Yes. I've just woken up and the room is pitch black. There is no light coming in.



KARL: So it's pitch black. What do you feel now, now you look at that picture and it's pitch black?

SARAH: It's just getting tighter. It feels like its being squeezed, and I don't think someone is squeezing it.

KARL: You can see that picture right now?

SARAH: Yes. The smoke is getting more dense in my chest.

KARL: Okay. Great. What I want you to do straight away is imagine stepping into that picture - not stepping into yourself but stepping into that picture - explaining who you are, so yourself in your late 20s. Does she know who you are?

SARAH: No. Basically, she's woken up and she can't see any light and she can't breathe so she's running up and down the walls, slapping the walls, trying to find the light.

KARL: So maybe the first thing you need to do is turn the light on for her?

SARAH: Yes, okay.

KARL: So in that picture the light's on now?

SARAH: Yes.

KARL: Just tell her to be calm. It's okay. Just tell her you've come to help her because you're sick of this problem, you're sick of feeling claustrophobic and you've found a way to sort this out once and for all.

SARAH: Okay.

KARL: She's okay with you being there, I take it?

SARAH: Oh yes, yes. She's really happy.

KARL: So just start tapping on her just to calm her down and ask her what she's feeling - not what you're feeling now - but what she's actually feeling and where she's feeling it. Just ask her that.

SARAH: Okay. She's really panicky. She was feeling completely swamped by the darkness and now She's okay. She just feels a little bit stunned because the light has just gone on really brightly.



KARL: Just tap on her and talk to her, ask her where she's feeling it in the body, this panicky feeling, and just tap on her until she calms right down.

SARAH: Okay. (*Client communicates with ECHO*) She's all right. She's laughing a bit.

KARL: She's okay, is she?

SARAH: Yes.

KARL: Just ask her, is there is still anything she's feeling?

SARAH: I can't remember what happens really but she doesn't want the light off again because it's so dark.

KARL: What is she saying?

SARAH: Louise is in the room. This sounds daft but I don't to sleep with the light on all night because she won't be able to sleep then.

KARL: Okay. Just ask her what she's feeling right now because we're going to see where we need to go with this, but I just want to leave her in a good place before we go any further.

SARAH: She feels better. It's not dark in there any more so obviously she feels better.

KARL: You've calmed her down.

SARAH: Yes. It's just a bit of a shock. She was so disorientated when she woke up it really freaked her out.

KARL: She's okay now?

SARAH: Yes.

KARL: I want to you ask her if there is a time that comes to mind when she felt this feeling, when was it?

SARAH: The first thing she's saying is it's the time on the boat.

KARL: Have you worked this time on the boat before?

SARAH: I can't remember. I don't think so.



KARL: It doesn't matter. We can go and have a look there. Can you see the picture of being on the boat?

SARAH: Yes.

KARL: Where are you?

SARAH: I'm on an RAF sailing boat. I was doing an expedition.

KARL: This is earlier, is it?

SARAH: Yes, this is earlier. I think I'm 19. I'm not sure.

KARL: What's happening in that picture when you're on the RAF boat when you're 19?

SARAH: I'm asleep at the front of the boat, the bow, and there is only two girls in the crew and we're both at the front. It could have been slightly later; I'm not sure, because I went sailing twice.

KARL: Okay. Just focus on the picture. It doesn't really matter how old you are. Just focus on that picture. What's happening in that picture?

SARAH: It's night time. I wake up and the ceiling of the boat in this little tiny space where we went to sleep, it looks like the ceiling is practically touching my face because it feels like - and I just have to get out of the boat.

KARL: She's at that moment now when she's awake and panicky?

SARAH: Yes.

KARL: Again, I just want you to imagine stepping into that picture. Again, make it light if you need to.

SARAH: I think I need to make that space bigger. I'm just going to put a door in above her, so I'm going to open that now.

KARL: Again, I want you to tap on her. Is she okay? Does she know who you are? Explain if you need to explain who you are.

SARAH: I need to take her up onto the deck.

KARL: So take her up on the deck.



SARAH: Originally she ran up through the boat but ---

KARL: This is going up there through this door she has created now?

SARAH: Yes, we're going to walk through the door and stand on the top deck. So it's night-time. We're in some marina somewhere.

KARL: Now you're on top of the deck?

SARAH: Yes.

KARL: Just tap on her until she calms down.

SARAH: Okay.

KARL: How is she feeling? Is it the grey feeling or is it a different feeling? Ask her where she feels the panicky feeling.

SARAH: She's just saying it felt like the ceiling was moving down and was going to squash her.

KARL: How is she feeling now though?

SARAH: She's okay. She's just finding it really hard to get her breath to she's just sucking the air in.

KARL: Okay. Just tap on her karate chop - even though she's finding it hard to breathe she's okay, finding it hard to breathe, and just tap on her. As I tap on you you're going to tap on her and find out what she's working on. Hard to breathe. This tightness in her chest. Is it just a tightness in her chest?

SARAH: It's just more hard to breathe. That's what I do now. I start trying to gasp for air and it feels like I'm not going to get my next breath.

KARL: Okay. Hard to breathe. Just keep tapping on her. (*Client communicates with ECHO*) How is she doing now?

SARAH: She's okay. I can feel - actually, it's not as dense as before but I still feel slightly closed in my throat.

KARL: But she's okay?

SARAH: Yes, she's calmed down.



KARL: Okay. Good. I want you to ask her where to go now. If she has an early memory when she first felt like this when would that be? Ask her. Not what you think. What she thinks. Ask her to show you a picture when she's felt this before. How old was she?

SARAH: She's not saying anything at the moment.

KARL: Okay. Just ask her what age it would be.

SARAH: Thirteen just popped into my head.

KARL: Okay. Do you have a picture of when you were thirteen when you had this pressure in your head, tightness in your chest and you can't breathe?

SARAH: Not yet. *(Client communicates with ECHO)*

KARL: It's okay. Don't try too hard, just focus on this pressure, this pain in your chest, you can't breathe. It's all tight.

SARAH: I know at times things don't seem to be directly related?

KARL: Yes.

SARAH: I know when I was thirteen I felt suffocated and it was just before I went to boarding school, because I wasn't getting on with Mum and my step-dad and we were living in Norwich and I absolutely hated it. So I felt suffocated then.

KARL: In a different way, but you felt that suffocation?

SARAH: Yes.

KARL: Okay. This could be really important.

SARAH: Maybe.

KARL: Do you have a picture of around that time? What picture comes to mind, when you're thirteen and you feel suffocated by life and you feel trapped?

SARAH: I'm sat up in my room.

KARL: Okay. Can you see yourself in your bedroom?

SARAH: It's not that clear. I can see the bedroom quite clear actually but ...



KARL: Are you associated?

SARAH: No, I'm kind of stood there looking around the room. I had bunk beds and there's a table, I remember.

KARL: Where's Sarah?

SARAH: She's sat at the desk and I'm just trying to remember what she looked like then.

KARL: Has she got her back to you?

SARAH: I've more of a sense of her at the moment than the picture, but I sense she's sat there looking out the window, wishing she was somewhere, somewhere else.

KARL: This could be a memory, rather than an ECHO.

SARAH: Yes, possibly.

KARL: Around that time had something happened when she really felt claustrophobic? See what comes up. (*Client communicates with ECHO*) Maybe just start talking to her. Even if it's just a memory, just talk to her and ask her what happened around this time.

SARAH: She's not giving me anything but I just feel really sad. I'm picking up on her.

KARL: Where's all that sadness? Where do you feel that?

SARAH: Around my eyes.

KARL: I'm just going to tap on you and see what comes up. Even though I feel all this sadness I love and accept myself anyway. All this sadness around my eyes. All this sadness. All this sadness. What's the intensity of the sadness?

SARAH: It's about a seven.

KARL: What do you think the sadness is connected to?

SARAH: I just feel so sorry for her.

KARL: Why do you feel sorry for her?

SARAH: Because she's alone. She's stuck in a house with - in her mind no-one really gives a shit about her, which wasn't true.



KARL: That's the way she felt?

SARAH: Yes. She feels completely isolated and alone.

KARL: Imagine stepping into this picture where she feels isolated and alone and just start to talk to her. Tell her you're there to help her, you love her, you know how lonely she's feeling right now. Can you turn round to look at you?

SARAH: I know she's listening to me.

KARL: Just walk round and say you've come back to make her feel better. She doesn't need to be alone any more. Ask her where she feels all that loneliness.

SARAH: It's just in her chest, I think. I don't really get any other physical sensations, apart from feelings around my chest.

KARL: Is the picture clearer now or is it still a bit fuzzy?

SARAH: I've a couple of different images of her what I think she would look like in those days. *(Pause)* I just can't imagine what she looks like at the moment. It's really strange.

KARL: Just keep talking to her. Ask her if she would like to feel better.

SARAH: Oh yes, definitely.

KARL: Just go over to her and imagine picking up her hand and say even though she feels really lonely, really isolated and lonely and really sad, she's still a good girl.

SARAH: I don't think "good girl" are the right words. She's looking at me as if to say "what?" I'll say she's still okay. She's still all right.

KARL: Just start to tap on her and just tell her everything is going to be okay and things work out great but you know how sad she's feeling right now, how alone she's feeling and how suffocated she's feeling. *(Client communicates with ECHO)* What's happening now?

SARAH: She's just kind of looking a bit amazed.

KARL: Why?

SARAH: Because it's just beyond her comprehension at the moment.

KARL: You being there?



# EFT Founding Masters

*Multiplying the Power of EFT*

SARAH: Well, I'm start to go tell her how all this is going to have a huge effect on her life in a positive way.

KARL: Take as long as you need and any resources, anybody you want to bring in, anything you need to say. Just take as long as you need. (*Client communicates with ECHO*) What's happening now?

SARAH: It's quite a stark bedroom so what I've done is - I don't want to take her out of the room there, I think it's important she's there, so what I've done is I've moved the bunk beds and I've put a big squashy sofa there. I've sat next to her, I've got my arm round her and I've told her all the things that are going to happen to her in the future.

KARL: How is she with that?

SARAH: She's starting to relax and she's laughing. I'm saying to her that things are going to happen and she's saying "No!", and I'm saying "Yes, this is going to happen", and, "this is going to happen", and I'm saying, "I always hated this house and it's really funny being back here".

KARL: Ask her what else she would like to do to the room so she can make the room really special.

SARAH: I'm going to move her bedroom downstairs and I'm going to make it an extension off the kitchen.

KARL: Is that what she wants as well?

SARAH: Yes, she just wants her space. She felt isolated but it was all so claustrophobic, again, upstairs in that house because you would go up to the top of the stairs and there was literally three doors, a tiny little square patch of a landing and so she's right next door to her mum and step-dad, right next door to her baby sister, so she could hear everything and she hated that.

KARL: What could she hear?

SARAH: She heard mum and her step-dad having sex one night and it completely freaked her out. She screamed, "Shut up!". I do not know if she swore but she screamed, "Shut up!", and it was really uncomfortable.

KARL: You can remember that or that's what she is showing and you telling you?

# EFT Founding Masters

*Multiplying the Power of EFT*



SARAH: I can remember. It actually doesn't bother me now. I think I've worked on that. So I'm moving her downstairs. I'm going to create a bit of a community. If she had had someone that she could have hung out with there on a more regular basis then she would have been in a much better place.

KARL: Good. Maybe bring a friend in, an imaginary friend or a friend. Whatever is relevant to her. Maybe she is just happy and cool playing with you.

SARAH: I'm going to bring Julie in because what I'm going to do is get me now and Julie to take her out. No, we'll just sit in the bedroom downstairs for now.

KARL: Just ask her about this feeling of suffocation. Is it just this house or does she often feel suffocated?

SARAH: Yes.

KARL: She has this claustrophobia feeling as well, does she?

SARAH: Yes.

KARL: Ask her if she's any memories of where this came from, if she could show you where that came from, if she can remember. Maybe if she just shows you a picture. Again, ask her, not what you're trying to remember.

SARAH: Yes, she's saying my Nan's bedroom. She's saying, "Go back to when we used to have to sleep in that bedroom".

KARL: How old are you in the picture in your Nan's bedroom? Can you see yourself there?

SARAH: I'm going to have to say ten.

KARL: Around ten?

SARAH: Yes.

KARL: Do you have a picture of that, when you're ten years old and in Nan's bedroom and you feel this dark, heavy, grey, smokey feeling in your chest and you're ten years old?

SARAH: I'm not sure if she has that feeling in her chest right now, but she feels - she's in bed and it's night-time and there's a cupboard on the other side of the room which is always a little bit ajar and she's really scared what's inside the cupboard.



KARL: Again, step into that picture and do whatever you need to do. Turn on the light, reassure her she's okay and you're there to help her. Has that brought in the feeling again for you?

SARAH: She spent so much time in that room.

KARL: Again, just reassure her. Tell her who you are. Does she know who you are?

SARAH: No.

KARL: Explain who you are. Tell her you've come back, tell her you love her and turn the light on. Maybe just go and show her there's nobody in that cupboard. Open the cupboards and say it's absolutely fine.

SARAH: I've just had a wave of something and I'm not sure what it was.

KARL: That you felt physically?

SARAH: Yes. It was just like a wave. Something like - it wasn't panic. I'm not sure if it was me trying to protect her or she was feeling that. I'm not sure.

KARL: Ask her what she's feeling.

SARAH: God, it seems like such a dark room, dark energy.

KARL: Have you turned the light on?

SARAH: No, I'll do that now.

KARL: Maybe you need to do something to just get rid of all that dark energy. What could you do? Maybe a magic wand or something to get rid of all that dark energy in the room.

SARAH: I'm going to imagine there's light coming from outside, this really intense bright light and it's going to flood the room out.

KARL: How is ten year old Sarah?

SARAH: She's looking pretty amazed.

KARL: Again, go over to her and start to talk to her, reassure her, ask her what she's feeling and then just do some tapping with her to calm her down and let go of all that fear.

# EFT Founding Masters

*Multiplying the Power of EFT*



SARAH: I'm going to say to her that that cupboard was horrible, wasn't it? I'm going to tell her I'm going over to the cupboard and open it right now and we're going to have to look inside. So she's going to walk towards it. She's standing behind me so I'm going to open the cupboard and have a look in and it's just a tiny little cupboard with just some bits and bobs. So what I'm going to do is ---

KARL: She's seen it's safe now? There's nothing bad in there?

SARAH: Yes.

KARL: Again, make any changes you need to this room. Ask her what she would like to do to make the room warmer and lighter and happier and safer.

SARAH: I'm going to seal the door so there's no door there now. It's just a wall. She wants her mum to sleep in there with her.

KARL: Do you want to bring mum into the room?

SARAH: Yes. There are two single beds in there so mum is going to sleep in there with her.

KARL: Is there anything she wants to talk to mum about while mum is in the room? Maybe just tell her how scared she's feeling. Just see what she wants to say to mum.

SARAH: It's good because this is the time that Jake died and she's really cool about that. (Jake is Sarah's younger brother who died on a train track when he was 4 years old)

KARL: Who is cool about that?

SARAH: My ECHO. She's just saying to mum, "It's okay, we need to start talking about it now".

KARL: Have that conversation now with your mum. I think it's really important to do that right now while your mum is there and take as long as you need. It doesn't matter how long. Tap on mum if that's going to help as well. (*Client communicates with ECHO and mother*)

SARAH: I'm going to tap on mum a minute.

KARL: Sure. Just take as long as you need. (*Client communicates with ECHO and mother*)

SARAH: I've just realised that I'm older than mum in this picture. She must only be - I do not know - 33.



KARL: So there's advice you can give to your mum?

SARAH: Yes.

KARL: How is she doing now?

SARAH: She was really spiky at first, but she's in a lot of emotional pain so I'm just explaining to her how it's really important that she keeps a really strong connection with Sarah.

KARL: How is mum doing now? Ask her what else she needs to do? Where's the pain?

SARAH: I'm bringing mum now in just to explain to her, because mum now understands all this, and just to explain to her it's okay, she's going to be all right and what I'm saying is right. Yes, she's okay. Sarah is going to go over to sit on the bed with her.

KARL: Little Sarah?

SARAH: Yes, and have a cuddle with her.

KARL: Mum is still there on the other single bed, is she?

SARAH: Yes. It's just my younger mum now and she's cuddling Sarah.

KARL: You've that picture of the three of you on the bed? Are you all cuddling up together?

SARAH: No, I'm just watching them.

KARL: Is that okay?

SARAH: Yes that's fine. This is their moment.

KARL: Do you think they have resolved what they need to in this picture?

SARAH: I think so, yes.

KARL: Just ask little Sarah if there's anything else she wants to say to mum while she has the opportunity. If she feels guilty or.....

SARAH: She's saying sorry, but mum is saying it's not her fault. Yes, it's okay.

KARL: When you look at that picture now is that a good picture?



SARAH: Yes. It's really light in there.

KARL: How is the room now?

SARAH: Yes, there's no cupboard any more. Mum and the younger me are sat on the bed. She feels like she has someone there who is like an ally.

KARL: Look at that picture, make it bigger, brighter. Feel that love and connection with mum. What are the colours around around the picture?

SARAH: Orange.

KARL: Make the orange bigger and brighter.

SARAH: Orange and yellow.

KARL: Bring that picture into your mind, wash it all the way through your body, every cell. Washing down through the whole body. Taking that picture into your heart, making it bigger and brighter again, making it more powerful and then sending it out into the Universe in every direction from your heart. *(Pause)* How is that?

SARAH: Yes, good.

KARL: I want you to go and speak to mum and little Sarah and just say you have this problem - and little Sarah will understand - with feeling claustrophobic and you want to see where it comes from because you know it comes from an earlier time. Ask Sarah and mum if knows where this comes from.

SARAH: Mum is immediately saying it's probably the time on the train. That doesn't feel right. I don't know. (This is a reference to a time as a little baby that Sarah fell off the seat and rolled under the small space underneath – as the client felt it wasn't relevant we didn't follow this lead but Karl felt this could have been a very important early ECHO and follows this up in a subsequent session)

KARL: What does little Sarah she say?

SARAH: She can't remember it. I was only a baby then.

KARL: Why does it feel wrong to you?

SARAH: I suppose because I haven't got a conscious memory of it.



KARL: Has she felt this before, ten year old Sarah? Did it start there? Ask her if it started there or if she felt it earlier?

SARAH: She's saying about Singapore. She used to get stuck in the lift a lot when they lived in a tower block.

KARL: Does she have a memory of one of the times when she got stuck in Singapore?

SARAH: Yes.

KARL: You have that picture now, have you?

SARAH: Yes. It's not brilliant.

KARL: Okay.

SARAH: I'm stood behind her in the lift she's pushing her pram and she's pushed it and the doors have jammed on the pram.

KARL: Are you already in the picture?

SARAH: I'm stood behind her. So I'm in the lift.

KARL: So you don't need to step into the picture because you're already there. Just tell her you're there to help her.

SARAH: Yes.

KARL: Are you going to get the doors to open or step out the lift? Do whatever you need to do.

SARAH: I think we'll step out of the lift.

KARL: Just get down on your knees and talk to her and ask her what she's feeling. Just ask her what she's feeling, that little Sarah. How old is she?

SARAH: I'm not sure. Four maybe?

KARL: What is she feeling right now?

SARAH: She's scared.

KARL: What is she scared of? Is it because she was trapped in the lift?



SARAH: Yes. She's just saying that the lifts are so scary here.

KARL: So just do a set up with her, whatever she's feeling, and just tap through the points with her. What does she feel and where does she feel it?

SARAH: I think she's a little bit angry with the lift.

KARL: Okay. Just tap on that anger.

SARAH: It always happens. I always get stuck in the lift. (*Client communicates with ECHO*)

KARL: What would she like to have happen? Make it like a lift that always does exactly what she wants all the time. It's a really pretty lift. Is there anything she wants to make it like a special, girly lift? What would she like to do?

SARAH: I think what we'll do is make it a glass lift.

KARL: Okay. Then she can see outside?

SARAH: Yes. So we'll make it a glass lift and we'll make it really big.

KARL: What can she see from the lift? Can she see things that she really wants to see, like the sea?

SARAH: Yes, that's a good idea.

KARL: Look at the beautiful scenery and trees and forest and meadows.

SARAH: I'll put some big cushions on the floor so it's comfy in there. Yes, when she looks out she can see the sea.

KARL: Tell her it's her picture. She can make it whatever she wants and be as creative as she wants. It can be happy place now, not a scary place.

SARAH: Yes. She has fairies flying around. I never thought I would say that! Yes, it's just a real little magical land, like a four year old would love.

KARL: So when you look at that magical lift now, what are the colours and the emotions around the picture?

SARAH: Purples and raspberry colours.



KARL: Wonderful. Again, make that bigger, brighter. Bring that through your mind. Feel all the feelings washing through your body. Bring it up into your heart and send that picture back out into the Matrix. Ask her if there were other times she would like to go and change a scary lift into a magical lift, does she have another picture of that?

SARAH: No. I think that's probably the only strong image I had of that. It probably sums up a lot of similar times really.

KARL: So the lift is okay now?

SARAH: Yes. Every time the door opens it just seems like something out of Disney! (Laughs)

KARL: That's good. Ask her if there was an earlier time, any time that she can remember feeling this way, about being trapped and scared. A small space.

SARAH: It's not earlier. I'm thinking of something that happened later, when I was about eight.

KARL: What happened when you were eight?

SARAH: It's just this house we used to live in at Newcastle. It was an enclosed stairwell. You went to the back of the living room and opened the door to go up the stairs and the stairs were a narrow column of stairs and it was a really creepy house.

KARL: Okay. Do you have a good picture of that?

SARAH: Yes.

KARL: And the eight year old?

SARAH: Kind of.

KARL: Step into the picture with the eight year old. Does she know who you are? Just talk to her. Tell her you're there to help her.

SARAH: Okay.

KARL: Is she talking to you?

SARAH: Yes, she's telling me how scary the stairs are.



KARL: Okay. Just have a conversation with her. Do anything you need to do with her. Tap on anything she needs to release of feeling scared with the creepy house. (*Client communicates with ECHO*).

SARAH: Okay, I've just changed it. It doesn't feel like there's much to be done there. Every time she opens the door this massive flood light comes on.

KARL: How is she doing?

SARAH: She's all right.

KARL: While you're there ask her if there's anything else she wants to talk to you about?

SARAH: I think she just needs a bit of company.

KARL: What would she like to do, the two of you? Just ask her what she would like to do while you're there.

SARAH: She wants to play with the Cindy dolls.

KARL: So play with the Cindy dolls. If there's anything else she wants to talk about, there might be something she's got on her mind.

SARAH: A few things but ---

KARL: Just sit and play with the dolls and just talk to her while you're playing with the dolls.

SARAH: Okay. (*Client communicates with ECHO*)

KARL: Tap on her if you need to. (*Client communicates with ECHO*).

SARAH: I think it's just a memory. There's no ECHOs or anything.

KARL: How does she feel about that memory?

SARAH: The one we're in right now?

KARL: Yes.

SARAH: She's okay. It's all quite hazy really. I don't have a really strong recollection of the past. It's just like a hazy time of not very happy, dad being a monster.



KARL: Maybe you need to explain about dad, that he had problems. The eight year old wouldn't have understood that. Just tell her dad had problems and it wasn't about her. It wasn't her fault.

SARAH: (*Client communicates with ECHO*) I'm going to give her an older sister, because she's the oldest in the family and she hasn't got anybody to talk to really about things that are scaring her or upsetting her. Mum's got loads of stuff to deal with, with dad, so she's not available.

KARL: Okay, just give her a sister or you can be there all the time. You could be like her older sister.

SARAH: Okay, I'll do that.

KARL: Any time she wants to talk you can just go back and talk to her and help her. Between the two of you, you can do anything, make anything happen, give her any resources that she needed.

SARAH: She's really happy with that.

KARL: Is it okay to leave you both in that picture?

SARAH: Yes.

KARL: Just go back to the first picture, being at your aunt's house?

SARAH: Yes.

KARL: Just go and speak to that you that's in that house, you in your late 20s. How is she feeling now?

SARAH: She's okay. She's quite calm actually.

KARL: Say, "Could you turn off the light now". If she was to think about turning off the light what would she feel?

SARAH: She's just fine. "Try it",

KARL: So try it and see. You can just stand there and turn it back on if it bothers her. (*Pause*) How is she?

SARAH: No, there's no reaction.



KARL: Are you sure? Ask her, because you're going to test the fear out between the two of you in this picture. So you need to know exactly what she feels, if there's more work to be done - she needs to tell you.

SARAH: It feels all right. She's not really getting any reaction.

KARL: Can she go back to sleep now?

SARAH: Yes. She really wants to go to sleep actually.

KARL: Imagine going to the picture on the boat with the two girls. Are you up on the deck there?

SARAH: Yes.

KARL: With the 19 year old Sarah?

SARAH: Yes.

KARL: Ask her if she feels okay now to go back below deck and go to sleep, if she wants she can leave that porthole there?

SARAH: Yes. I don't think many people would want to sleep there. It wasn't very pleasant.

KARL: Would she feel okay going back there or would she feel fear? It's not a pleasant place - but would she feel fear going in there? Ask her.

SARAH: No.

KARL: Are you sure?

SARAH: She just says she would rather be sleeping in the bigger part of the boat.

KARL: Create that. Make that part of the boat bigger. Make it so she can see there's a really starry night and there's a full moon there and maybe leave the porthole open.

SARAH: That's better. There's a big porthole above her now so she can even open it or close it. Yes, that's good.

KARL: Now just check in on that picture with mum. How is that looking?

SARAH: Yes, they're just sat on the bed cuddling. It looks really nice. Little me seems really content.



KARL: The three or four year old with the lift, how is she?

SARAH: She's just really happy.

KARL: How do you feel now, how's the smoke in your chest right now?

SARAH: My chest feels clearer. I feel a bit disorientated because I've had my eyes closed for so long.

KARL: OK I just want to test the original thought that caused the feeling of Claustrophobia. Imagine being in the hot, steamy shower, how does that feel now?

SARAH: I can't get any feeling now, none of the grey, smoky feeling in my chest.

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