SOMATIC TRAUMA THERAPY
Babette Rothschild, MSW, LCSW
PO Box 241783
Los Angeles, CA 90024

Tel: (+1) 310 281 9646
Fax: (+1) 310 281 9729
Email: babette@trauma.cc

FLASHBACK PROTOCOL**

Flashback halting protocol reconciles experiencing self with observing self, (usually) quickly halting traumatic flashbacks.

Say the following sentences filling in the blanks, following the instructions:

- Right now I am feeling _____,
  (name the current emotion, usually fear)

- And I am sensing in my body _____,
  (describe current bodily sensations in detail)

- Because I am remembering _____,
  (name the trauma by title, only - no details).

- Here _____,
  (name the place where you are)

- And I can see _____,
  (describe some of the things that you see right now, in this place),

- And so I know _____,
  (name the trauma again)

- Is not happening now /any more.

** From:

Rothschild, B. (2000). *The Body Remembers:* ***The Psychophysiology of Trauma and Trauma Treatment. New York: W.W. Norton.***

SOMATIC TRAUMA THERAPY
Babette Rothschild, MSW, LCSW
PO Box 241783
Los Angeles, CA 90024

Tel: (+1) 310 281 9646
Fax: (+1) 310 281 9729
Email: babette@trauma.cc

NIGHTMARE PROTOCOL

Nightmare protocol can be used as a ritual before sleep to help to prevent nightmares. It will help orientation when nightmares do occur.

Say the following sentences filling in the blanks, following the instructions:

- Today I have been really scared of _____.
  (name it only, no details)

- So I might have a nightmare and wake up feeling _____.
  (name the emotion, usually fear)

- And my heart might beat fast, and I might be shaking or crying.

- If that happens I will tell myself it is because I am remembering _____
  (name it again - no details).

- Then I will turn on the light and look around at my room. And I will name the things in my room that I see.

- And I will tell myself that I just had a nightmare, that _____ is not happening now.

2001 Babette Rothschild