

Heaven's Touch

1. Pray and ask Holy Spirit to surround, protect and guide during the session
2. Ask about their favorite places, activities, songs, topics to talk about
3. Close eyes, go back to the memory and emotions of the traumatic event (see, hear, feel)
4. Scale of 0 – 10 how bad is it?
5. Open eyes, clear mind. Any reason to hold on to this memory?
6. Imagine you're at the supermarket, and you're going to items into your cart. From A – Z pick an item (skip any letters you can't think of something.)
7. Imagine walking in a favorite place, take me on a tour and describe what's there.
8. Count backwards out loud from 20 – 0.
9. Take 2 slow, deep breaths
10. Return to the memory and emotions of the traumatic event (see, hear, feel)
11. 0 – 10 distress level
12. How clear or hazy is the memory now?
13. Describe for me what's involved when you do that thing you really enjoy.
14. Imagine you're standing in a beautiful place, and there are 20 steps ahead of you that lead up to an amazing waterfall where you can sit and enjoy the view. As you ascend each step, expect to feel lighter.
15. Sit down, take 2 deep breaths and enjoy the view.
16. Debrief: close eyes and drift back to original memory. What's happening/feeling?
17. What change to picture of memory
18. Try to bring back the stress of that memory. What's the difference?
19. 0 – 10 what number
20. Pray and ask Holy Spirit to confirm and seal the healing that was done