Dissociation stops in contact with others

Goal:

To interrupt situation-related dissociations, to increase the client's experience with self-control (breaking patterns), and to establish a working contact.

Method:

- Establish eye contact and touch the other person's hand: "You give me your hand now" (according to Perren-Klingler)
- Breathe!
- Specific addressing of the inner adult person.
- Let the client go into movement, take a different attitude than before.
- Cognitive and haptic reorientation (we are here..., feel the backrests, the wall, the floor under your feet...).
- Make body contact, if this was discussed before.
- Interruptions of any kind: open windows, stand up, turn on music, get coffee together...
- Call up previously established anchors in the room.
- Pose absurd tasks in context, such as puzzles, arithmetical tasks, the question of a day-to-day political event.
- Film stop (emergency screen technology); must be established in advance.
- Safe technology.
- Arm-shoulder-drawing technique (Michaela Huber).
- Standing with bent knees on the wall.

Procedure:

- In case of emergency, introduce the technique according to the condition. Pacing is often a good start, sometimes also setting a different stimulus necessary.
- All topics, tasks etc. should have pleasant, harmless contents.
- It's about a reorientation, so: pattern interruption!
- Make arrangements beforehand as far as possible: "If you slip into one of the states of which you have just spoken, but also if I fear that this will happen and we could then no longer have working contact, I will..., I would like to..., may I then...?"

Quellenangabe: Hantke/Görges, institut berlin, www.institut-berlin.de CC BY-SA 3.0