



Fingertip Method Sample Script

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Would you like to tell me a little about that traumatic experience?

Would you like me to tell you what we are going to do or would you just like to dive in?

If they prefer an explanation:

Traumatic experiences leave a trace of energy that gets re-triggered when we experience similar experiences. This frozen energy blocks our awareness of resources in the present, keeping us stuck in the past. What we are going to do will only take a few moments and you won't have to visit this trauma for very long and very likely never again. I'll ask you to stand and make a snapshot of the worst moment of the trauma. Then you will shake that off and come into the present moment and make a snapshot of the present moment. This moment will likely feel much calmer – there's nothing to be disturbed about this in this present moment.

With your eyes closed, I'll ask you to turn towards your left and face the opposite wall. Eyes still closed, I'll ask you to bring the painful snapshot to mind again and imagine it in front of you. Then I'll ask you to estimate distances and complete the turn to the left. Your eyes will be closed the whole time, unless you need to open them to re-orient to the present moment. Don't worry about remembering any of this. I'll guide you.

Sound ok? Any questions?

As we go through this experience, it's important that you accept, not resist, unpleasant elements. You will not be staying in the experience very long. You will be alternating between the here and now and the traumatic moment.

Let's stand.

If virtual: *Stand with your left shoulder towards the screen. Check your footing and space.*

We want you to be able to turn around with your eyes closed. Good.

With your eyes closed, bring to mind that traumatic experience. Most traumatic experiences have 3 – 5 pretty bad moments. Bring to mind the 3 worst moments of that experience.

Of those moments, choose the worst moment, the one that feels like it has the most charge, or feels like the most dramatic. Make a snapshot of that moment. Feel what you felt then, see what you saw, hear what you heard, think what you thought as if it's happening now. The worst moment. Not a moment before, not a moment after. Freeze frame that moment.

What are you thinking in that moment as if it's happening right now?

What are you seeing in that moment as if it's happening right now? Describe the scene as a photograph you can see and I cannot. Describe that to me. Are you inside that experience or the outside looking in? If outside, come back into your experience, your perspective as best you can. (If needed, continue with Aspect Retrieval after FTM)

What are you feel emotionally in that moment?

What body sensations do you notice? What are you feeling in your body in that moment, as if it's happening right now? Can you feel the slight impression of that physical space?

Very good. That's it.

Take a breath.

Forget the trauma, set it aside for the time being.

Come to the here and now. What are you thinking right here, right now? Your eyes are closed but if they were open, what would you see right here, right now? What emotion are you having right here, right now? What do you feel in your body right here, right now? Good. Take a breath.

In person; Turn your client to 180 degrees to the left, counter clockwise

Keeping your eyes closed, I'm going to place my hands on your shoulders and turn you half way around, is that ok?

Virtual;

Keeping your eyes closed turn towards your left shoulder, halfway around until you are facing the opposite wall.

(Say this part quickly.) Again bring to mind that traumatic moment. Feel what you felt then, see what you saw, hear what you heard, think what you thought as if it's happening now, as best you can, it will be good enough.

Watch their breath to make sure they are breathing and remind them to breathe if their breath is shallow or held.

Place that snapshot of the traumatic moment in front of you.

Take the index finger of the dominant hand and place it in the center of the traumatic moment and hold it there. (In person, gently touch their finger with your palm)

Give your client the following instructions. Accept whatever answer is given and encourage and validate your client as they respond: very good, that's right, etcetera.

*Estimate the distance between the tip of your finger, which is in the center of the traumatic moment (or that awful moment), and the **wall in front of you** in this room (or the room you are now if working via tele-health).*

*Estimate the distance between the tip of your finger, which is in the center of the traumatic moment, and the **wall behind you** in this room (or the room you are now).*

*Estimate the distance between the tip of your finger, which is in the center of the traumatic moment, and **the wall to your left** in this room (or the room you are now).*

*Estimate the distance between the tip of your finger, which is in the center of the traumatic moment, and the **wall to your right** in this room (or the room where you are now).*

*Estimate the distance between the tip of your finger, which is in the center of the traumatic moment, and **the ceiling** in this room (or the room you are now).*

*Estimate the distance between the tip of your finger, which is in the center of the traumatic moment, and **the floor** in this room (or the room you are now).*

In person;

I'm going to place my hands on your shoulders and turn you around. Keep your hand extended aloft and your eyes closed.

*Return your client to the initial position by completing the turn *counterclockwise*, towards the left.*

Virtual:

Keeping your eyes closed and your hand aloft, turn towards your left shoulder until you reach your original position. Now, place your hand down. What happened to the trauma? Does it still exist or is it gone?

(If some elements remain, repeat the process.)

Verify and Stabilize

Take a seat. Direct your awareness to your body. What do you notice? Relax into that a bit. How likely is it that elements of this trauma could impose itself on you in the future against your will? How likely are you to be triggered again in this way?

Do you feel a need to forgive or for forgiveness?

If so; expand with forgiveness.

If not; expand body ease with light.

Just let yourself rest in this state as long as you'd like. When you feel ready, you can open your eyes.

What do you know now that you didn't before, if anything new?

