

Jay Noricks PhD

Parts & Memory Therapy

Narratives for Neutralizing Traumatic Memories

Water

Visualize the Part standing in a waterfall and notice how sometimes there are drops of water and sometimes mist and sometimes a powerful pouring of water. Let the water flow over, around and through her. Notice how the Part's hair is plastered to her head and her clothes stick to her skin. Ask her to locate where it is within her that she stores the problem memory and then ask her to feel the water dissolving the pain and negative emotions connected to the memory. Notice how the negative emotions dissolve in the water as the water washes them out of her. You may even notice how the water around her is discolored as the dissolved emotions are washed away. As the water continues to wash away her anger [or fear, sadness, etc.] you may notice how it gradually becomes clear again as the memory is washed clean.

The Water intervention is a rich narrative, for patients who benefit from the therapist creating a lot of imagery in the intervention. Many patients, however do not require that. For example, here are two that are simple and sufficient for many people. After that, a somewhat richer wind intervention, one of my favorites.

Toilet

Imagine you are standing in front of toilet. Now just vomit into the bowl and flush your fear [or sadness, or disgust, etc.] away.

Fire

Build a bonfire for your Part and visualize her/him standing in front of it and then guide her/him in dumping her/his distress into the fire and burn it up.

Wind

Visualize the Part standing in an open field and bring up a powerful wind to blow over, around, and through him. Ask him to locate where it is within him that he stores the memory and ask him to feel the wind scouring the memories and washing them clean of fear and anger [or sadness, shame, etc.]. As the wind breaks up the fear and anger into tiny particles, you may notice that as the wind blows away from him it is darker because it is blowing away the particles of those emotions like dust or sand. Let the wind continue to blow until the memory is just a neutral memory with no particular emotion attached to it.