

FLASHBACK PROTOCOL

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

Flashback protocol may help to manage 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).

And, at the same time, I am looking around where I am now in _____ (say the year),

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/anymore.”

