

Appendix A:

Glossary

- Alternating bilateral stimulation (ABS):** Side-to-side eye movements, alternating bilateral auditory, or alternating bilateral tactile stimulation. Used to enhance processing and strengthen positive DNMS experiences.
- Attachment Needs Ladder:** A questionnaire that helps clients articulate negative attachment beliefs.
- Attachment wounds:** The emotional wounds sustained in childhood with caregivers' day-to-day failures to meet attachment needs by being chronically disrespectful, rejecting, neglectful, enmeshing, or unsupportive.
- Blank slate:** Mirror neurons that are ready to mirror and mimic someone. Embodies a person's true nature – to be in respectful harmony with self and others.
- Block:** A fear or concern that interrupts processing. Usually due to a misunderstanding or blocking introject.
- Checking in:** Asking the client and child parts to report on progress made towards the goal of getting unstuck, during the course of the Needs Meeting Protocol.
- Conference Room Map:** A document that keeps track of the reactive parts, introjects, and wounding messages that are identified during the Conference Room Protocol.
- Conference Room Protocol:** A protocol that facilitates a group reactive parts, connected to a common theme, to identify, one at a time, the maladaptive introjects they are reacting to. The dominance of each introject is switched. Introjects from the conference room are selected for the Needs Meeting Protocol.
- Counting up:** A technique used at the end of the Needs Meeting Protocol to help a client awaken from a light trance.
- Developmental needs:** The specific needs that primary caregivers must meet in order to maximize the expression of a child's physical, intellectual, behavioral, emotional, and social potential.
- Developmental stages:** For DNMS purposes, a developmental stage is defined as a span of time relevant to a baby's, child's, or adolescent's physical, intellectual, social, and emotional maturation.
- Double bind:** A lose-lose proposition. Given two choices, whatever decision is made will have an unpleasant outcome.
- Ego state:** An engrained state of mind with a point of view; a part of self.
- Ego state therapy:** A type of psychotherapy based on the premise that different personality parts or ego states can have different views of reality. The aim is to help individual ego states heal and increase healthy communication and cooperation between ego states.
- Embodied simulation:** Refers to the way mirror neurons can automatically and unconsciously create an internalized representation of someone – not the result of a willed or conscious cognitive effort. Embodied simulation influences the way we model others. (*As opposed to standard simulation.*)
- Emotional overreaction:** Any emotional response considered excessive for the triggering event.
- Engrained:** A state of mind that is experienced repeatedly, or experienced during a single traumatic event, can become engrained in a single neural network, or ego state, which can be reactivated at a later time.
- Enmeshment Reversal:** An intervention for handling a Switching the Dominance Protocol complication based on the idea that a client who was enmeshed with a childhood caregiver might have a child part that is enmeshed with an introject mask. The intervention helps a child part see she was actually a separate person from the caregiver.
- Healing Circle:** A loving, nurturing, protective container for healing wounded child parts. It consists of the three internal Resources (a Spiritual Core Self, Nurturing Adult Self, and Protective Adult Self) working as a team. The Healing Circle is the cornerstone of the DNMS. Child parts get unstuck from the past as needs get met by the Resources in the Healing Circle.
- Integration:** In the DNMS, it is process of connecting child parts that are stuck in the past (isolated neural network) with a client's Resources (adaptive neural network). This leads to communication and cooperation between ego states.
- Introject:** A part of self that has unconsciously internalized a significant role model's behaviors, ideas, values, or points of view as the result of the firing of mirror neurons. *See embodied simulation.*
- Adaptive introject:** A part of self that mimics a respectful, healthy, adaptive role model.
- Maladaptive introject:** A part of self that mimics a wounding role model. It is comprised of two parts: (1) a mask or costume that mirrors a wounding role model, and (2) a silent, numb, innocent, virtually invisible part of self wearing the mask or costume.

- Mask/costume:** A mental representation of a wounding role model that integrates superficially, because the behavior of the role model it does not match the person's good true nature (to be in respectful harmony with self and others). It's like a child who is reluctantly wearing a (metaphorical) mask/costume that mimics a role model's wounding behaviors and words.
- Mirror neurons:** Neurons that fire while observing someone else. The firing of mirror neurons appears to influence the learning of new behaviors and the embodied simulation of people who are observed.
- Needs Meeting Protocol:** A protocol that facilitates communications between wounded child parts (usually maladaptive introjects) and the Resources. As the Resources meet their developmental needs, process strong emotions, and make an emotional bond, the child parts get totally unstuck from the past and fully integrated with the clients' most adult self ego states.
- Negative belief:** An irrational, untrue, or over-generalized belief about self, relationships, or the world.
- Neural network:** A network of individual neurons with recorded information, such as that held in a *state of mind*. Under certain conditions a state of mind can become engrained in a complex neural network – an ego state or part of self.
- Neural pathway:** A structure of the brain; a channel for the flow of information between neural networks.
- Nurturing Adult Self (NAS):** An internal nurturing Resource; a part of self that can competently nurture a loved one.
- Pendulating:** A technique for moving back and forth between disturbing memories and the comfort of the Resources to ensure processing gets completed. (Steps 12-15 of the Needs Meeting Protocol.)
- Protective Adult Self (PAS):** An internal protective Resource; a part of self that can competently protect a loved one.
- Reactive part:** A wounded part of self that formed in reaction to a trauma, or to the wounding behavior of another.
- Resources:** Three healthy parts of self – a Nurturing Adult Self, a Protective Adult Self, and a Spiritual Core Self, which together form a Healing Circle.
- Resource Development Protocol:** Special DNMS meditations used to connect clients to their Nurturing Adult Self, Protective Adult Self, and Spiritual Core Self.
- Role model:** A person who has significantly influenced a client's life – for better or worse. Childhood role models may include parents, grandparents, siblings, neighbors, teachers and ministers. Adulthood role models may include people like spouses, supervisors, and friends. The significant influence may include positive actions, such as loving support, protection, and guidance; or negative actions, such as abuse, neglect, betrayal and assault.
- Self-regulation:** A person's ability to modulate their emotional states; the ability to self-soothe.
- Self-system:** Refers to a person's ego states and the relationships between them.
- Sensorimotor activity:** A physical activity that a client engages in, while processing through painful emotions.
- Spiritual Core Self (SCS):** An internal Resource that is a client's essence or core of goodness; soul.
- Standard simulation:** Refers to the way we can explicitly simulate (or mimic) another's internal state, by consciously and deliberately taking on their perspective. Involves introspection. (As opposed to *embodied simulation*.)
- State of mind:** The emotions, body sensations, beliefs, and behaviors evoked by the environment at a given moment in time. Under certain conditions a state of mind can become engrained in a complex neural network called an ego state.
- Stuck:** Behaviors, beliefs, or emotions connected to unresolved wounds from the past can get triggered today.
- Switching the Dominance Protocol:** A protocol for helping maladaptive introjects heal. It switches the dominance from the mask to the child beneath the mask. As a result, the mask and its wounding message becoming unimportant.
- System-wide announcement:** Messages a therapist directs to the entire self-system to educate, calm, or reassure child parts.
- TASPER:** Acronym for *Therapist's Aid for Sensorimotor Processing for Emotional Release*, a device for helping the client engage in sensorimotor activity. Consists of two solid soft-grip 14" bars connected at the ends by two ropes. Clients can pull on the top bar with their hands while pushing on the bottom bar with their feet. This engages both arm and leg muscles.
- TheraTapper:** A device for delivering tactile alternating bilateral stimulation. Consists of a small control box attached by six-foot wires to two handheld pulsers with small, enclosed motors which vibrate in an alternating fashion.
- Trauma:** A single, highly disturbing event that produces acute distress.
- Trauma wound:** The unresolved emotional pain associated with a trauma (from childhood or adulthood).
- True nature:** Desire to be in respectful harmony with self and others.
- Tucking in:** A process for putting a child part into a non-active state.
- Unstuck:** The resolving of painful, negative experiences, such as trauma, abuse, neglect, or unmet needs that occurs during the DNMS as the Resources help wounded parts of self heal.