Index

ABS. See alternating bilateral stimulation
abstracts, 197
adaptive introject, 11
  defined, 24
Adult Body Intervention, 65, 125, 163, 186, 215
alternating bilateral stimulation, 12, 224
  benefits, 13
  cautions, 13
  during EMDR, 12
  during Needs Meeting Protocol, 132
  during Resource Development Protocol, 37
  during Switching the Dominance Protocol, 67
  during the DNMS, 13
  strengthens positive traits, 13
amygdala, 203
Assagioli, Roberto, 208
attachment
  ambivalent, 201
  attachment system, 199
  attachment wound definition, 30
  attachment wounds, 1, 3, 14, 83, 199, 218
  avoidant, 201
  disorganized, 202
  earned secure/autonomous, 203
  insecure, 11, 200
  neurobiology of, 203
  preoccupied, 200
  repair, 203
  secure, 11, 200
  secure base, 199
  stages of attachment, 5
  theory, 199
Attachment Needs Ladder, viii, 3, 83, 222
  administering, 86
  complications, 178
  complications and blocks, 100
  follow-up, 87, 100
  Rungs 1–4, 84
  sample dialogue, 101
attunement, 5, 12, 37, 199
aversion
  to admitting strengths, 167
  to bonding with the Resources, 188
  to disconnecting from the Resources, 127
  to mask, 178
  to needs meeting, 185
  to picturing NAS & PAS as self, 42, 169
  to pocketing the remains of the mask, 67
  to subject of spirituality, 43
Bacon, Joan, viii, 34, 216
Berne, Eric, 23, 208
*Bio*Lateral™, 13
blank slate, 24, 195
blocks, viii, 46, 152
  addressing Resource complications, 164
  block definition, 152
  blocking introjects, 47, 136, 154, 155, 157, 158, 162, 164, 169, 171, 173, 177, 195
  complications with the Resources, 163
  conscious blocks, 153
  diagnosing Resource complications, 164
  during Conference Room Protocol, 100
  during Needs Meeting Protocol, 136
  during Resource Development Protocol, 46
  during Switching the Dominance Protocol, 71, 171
  Enmeshment Reversal, 176
  misunderstandings, 46, 88, 136, 154, 155, 157, 158, 160, 162, 164, 166, 168, 169, 171, 173, 177, 189, 190, 195
  overcoming by switching the dominance, 2, 56
  Overcoming Processing Blocks flowchart, 155, 156
  two paths to resolving blocks, 162
  unconscious blocks, 47, 153
  verifying blocks have been cleared, 161
  while administering Attachment Needs Ladder, 100
Bowlby, John, 5, 199, 202
Bradshaw, John, 209
Capacchione, Lucia, 209
caregivers
  attuned, 11
  dissociated, 202
  engulfing, 201
  fail to meet needs, 1, 8
  intrusive, 201
  list of caregiver skills, 38, 233
  loving, 200
  poorly attuned, 11
  rejecting, 201
  skillful, 200
  unskillful, 200
  well-intentioned, 8
chain reaction of reactive parts, 60, 61
child parts. See ego states
classifying parts of self, 243
  before switching the dominance, 59
  chain reaction of reactive parts, 60
  during Conference Room Protocol, 91
  table, 26, 93, 160
  while clearing blocks, 160
cloning Resources, 47, 96
complication
  complication definition, 152
complications, 46
  administering Attachment Needs Ladder, 100
  clearing with Adult Body Intervention, 162
  during Conference Room Protocol, 100, 180
  during Needs Meeting Protocol, 136, 184
  during Resource Development Protocol, 46, 166
  during Switching the Dominance Protocol, 71, 171
  while administering Attachment Needs Ladder, 178
Conference Room Map, 90
  sample, 104
  template, 240
Conference Room Protocol, 2
  complications and blocks, 100, 180
  Conference Room Map, 90, 104
  glass wall, 100, 180
  miscellaneous protocol issues, 97
  overview, 3, 83
  preparing clients for the Needs Meeting Protocol, 96
  resuming unfinished protocol, 99
  sample dialogue, 102
  switching the dominance, 94
  the steps, 88
  tucking in afterwards, 96, 97, 99
  tucking in during, 98
controlling reactive mimic, 22, 159, 161
costume, 2, 24, 33
counting up, 131
Dawson, Connie, 5
developmental needs, vii, 14, 114, 210, 218
developmental stage, 5, 6, 114
  as defined in the DNMS, 5
dissociation
  ABS cautions, 13
  dissociative continuum, 9, 18
dissociative identity disorder, 9, 18, 88
dissociative table technique, 88
DNMS

alternating bilateral stimulation, 13
e-mail discussion list, xii
Flip Chart, 47, 88, 132, 217, 255
Home Study Course, xi, 88, 132, 217, 256
how long does it take, 14
limitations, 4, 217
overview of protocols and procedures, 1
research, xi, 1, 225
training, xi, 256
what it treats, 1, 218
who it treats, 1, 218
double bind, 20, 195
ego state theory, 1, 8, 17
ego state therapy, 1, 8, 17
controversies, 35
Ego State TherapyWatkins & Watkins), 17, 209
ego states, 8
addressing part by age, 19
appearing as metaphor, 18, 32
boundaries, 8
change over time, 8
classification, 21
communicating with, 18
dissociative continuum, 9, 17
double bind, 20
ego state theory, 8, 17
ego state therapy, 8, 17
engrained state of mind, 8
executive control, 18
fear of annihilation, 20
healthy, 8, 218
integration, 9
internal conflicts, 9, 20
maladaptive introjects, vii
mental picture of. See mental picture
permeability, 17
points of view, 8, 19, 24
reactive parts, vii, 21
recognizing, 18
system-wide announcem, 21
tucking in, 20
wounded, vii, 8, 9, 218
e-mail discussion list for DNMS therapists, xii
embodied simulation, 10, 11, 25
EMDR. *See* Eye Movement Desensitization and Reprocessing
emotion dysregulation, 11
emotion processing, 121, 133
by meeting needs, 122
checking for completeness, 123
preparing for, 120
with a sensorimotor activity, 123
with support of Resources, 122, 246
emotion regulation, 11, 200, 203
emotional overreaction, 57, 58
engrained, 8, 10, 24, 195
Enmeshment Reversal, 174, 176
Erikson, Erik, 5
Erskine, Richard, 23
executive control, 18
Eye Movement Desensitization and Reprocessing, vii, 1, 12, 13
Flip Chart, 47, 88, 132, 217, 255
follow-up, 4, 87, 100, 224
rating complications, 179
Switching the Dominance Protcol, 69
Fraser, George, 17, 88
Frederick, Claire, 17, 208
Freud, Anna, 23
Freud, Sigmund, 23
Gallese, Vittorio, 9, 11, 25
Gestalt Therapy, 17, 21, 208
glass wall, 100, 180
Greenwald, Ricky, 13
Growing Up Again, 5
healing
benefits, 29
maladaptive introjects, 28
reactive parts, 29
traumas, 30
Healing Circle, 2, 45
Holcomb, Richard, xi
Home Study Course, xi, 88, 132, 217, 256
hypnotherapy, vii, 18
Iacoboni, Marco, 10
Illsley-Clarke, Jean, 5
Inner Child Psychotherapy, 17, 209
integration, 195
ego state, 9, 17
neural, 12
internal conflicts, 2, 9, 20, 21, 24, 28, 33, 208
lessened, 3, 56, 83
Internal Family Systems Therapy, 17, 21, 208
internal representation, 10, 11, 24, 200, 203
intrapersonal attunement, 12
introjection, 9, 23
biological reflex, 11
mirror neurons, 24
starts with blank slate, 24
introjects, 195
adaptive, 24, 200
appear in conference room, 94, 98
combination introjects, 33
formed by firing of mirror neurons, 11, 25
introject definition, 23
introjected adults, 33
introjected groups, 34
introjected victims, 34
maladaptive, 11, 24, 200
healing, 28
messages, 24
oppressive, 25
simple, 25, 26
mask vs. costume, 33
prenatal introjects, 34, 207
presumptive, 59, 60, 61, 92, 93, 94, 176
inviting parts
forward, viii, 18, 19, 58, 88, 99, 157, 160, 161, 162, 182, 189
into the Conference Room, 84, 90, 114, 181
into the Healing Circle, 116
Kluft, Richard, 17
list of caregiver skills, 39, 233
listserv for DNMS therapists, xii
Lukesch, Monica, 207
Lynn, Brian, xi
Main, Mary, 200
maladaptive introjects, 2, 9, 26
defined, 24
how they heal, 28
oppressive, 25
simple, 25
mask, 2, 24, 33, 56
Maslow, Abraham, 5, 198
meditation
Nurturing Adult Self, 41
Protective Adult Self, 41
Spiritual Core Self, 43
memory
explicit, 207
implicit, 207
mental models, 199, 207
mental picture, 169
metaphor, 32
of controlling reactive parts, 22
of ego states, 18
of mask during Switching the Dominance Protocol, 64
of Nurturing & Protective Adult Self, 42
of powerless reactive parts, 21
of reactive mimics, 22
of reactive parts in the conference room, 88

of Resources, 40
of Resources has changed, 165
of Spiritual Core Self, 45
of wounding experiences, 185
presumptive introject, 59, 92
problems with, 169
vague, 120
metaphor, 18, 32, 66
mirror neurons, 9
embodied simulation, 10
empathy, 10
enable predictions, 10
engrained state of mind, 11
internal representation, 10
introjection, 9, 25
shared activation, 10
misunderstandings, 46, 88, 89, 136, 152, 154, 155, 157, 158, 160, 162, 164, 166, 168, 169, 171, 173, 177, 189, 190
Napier, Nancy, 209
NAS. *See* Nurturing Adult Self
needs
hierarchy of, 5
Illsley-Clark & Dawson table, 6
Needs Meeting Protocol, 12, 223
Adult Body Intervention, 125
application of alternating bilateral stimulation, 132
back and forth, 129
bonding with the Resources, 124
closing an unfinished protocol, 135
complications, 136, 184
counting up, 131
emotion processing, 121, 133
follow-up, 132
four criteria that indicate complete healing, 130
generalization effect, 118
meeting needs, 118
miscellaneous protocol issues, 132
overview, 4, 114
pendulating, 126
resuming unfinished protocol, 136
returning to wounding experiences, 126
sample dialogue, 136
sample session notes form, 149
strengthening a positive belief, 130, 135
tucking in afterwards, 131, 135
wishful thinking, 185
negative beliefs, 21, 57, 58, 84, 93, 119, 154, 157, 159, 160, 162, 196
double checking list, 95, 180
held by another, 61, 94, 172
identifying target issue beliefs, 83, 114
initial ratings, 84, 87, 100
listed on Attachment Needs Ladder, 84
listing specific current problem beliefs, 84, 88
reading aloud to invite parts forward, 88, 99
re-rated at follow-up, 87, 100, 132, 190
neural architecture, 12
neural networks, 11, 13, 35, 37, 38, 196, 211, 212, 216
neural pathways, 11, 196, 204, 212
neurobiology, 203
Not-Self Resource, 42, 169
Nurturing Adult Self, 2
caregiving experiences, 38
meditation, 41
mental picture, 42
Not-Self Resource, 169
Parnell, Laurel, 13
part of self. See ego states
PAS. *See* Protective Adult Self
Paulsen, Sandra, xi, 13, 20
pendulating, 196
Perls, Fritz, 23, 208
Perls, Laura, 23
Phillips, Maggie, 17, 208
Piaget, Jean, 5
premature empathy, 185
premature forgiveness, 185
preparing clients
for the Conference Room Protocol, 88
for the Needs Meeting Protocol, 96, 115
for the Switching the Dominance Protocol, 47
to disclose processing blocks, 47, 115
presumptive introject, 59, 60, 61, 92, 93, 94, 176
processing block. See blocks
Protective Adult Self, 2
caregiving experiences, 38
meditation, 41
mental picture, 42
Not-Self Resource, 169
protocols
Conference Room Protocol, 3, 83, 222
Needs Meeting Protocol, 4, 114, 223
Resource Development Protocol, 2, 37
Switching the Dominance Protocol, 2, 56, 222
Provisional Resources, 42, 58, 71, 171, 215, 216
Psychosynthesis, 17, 208
Putnam, Frank, 17
Ramachandran, V.S., 10
RDI. See Resource Development and Installation
reactive parts, 21
controlling reactive parts, 22
coping behaviors, 21
disappear in conference room, 98
good intentions, 21
how controlling reactive parts appear, 22
how powerless reactive parts appear, 21
how reactive mimics appear, 22
how they heal, 29
powerless reactive parts, 21
reactive mimics, 22
that wear masks, 22
REM sleep, 13
Resource Development and Installation, 13, 14
Resource Development Protocol, 12, 37
application of alternating bilateral stimulation, 37
checking for blocks before a meditation, 47
complications, 166
complications and blocks, 46
Healing Circle, 45
mental pictures, 169
Not-Self Resource, 169
Nurturing Adult Self, 38
overview, 2, 37
personal caregiving experiences, 38
preparing clients to disclose processing blocks, 47
Protective Adult Self, 38
sample dialogue, 48
Spiritual Core Self, 42
Resource Sandwich, xi
Resources, vii
bonding with, 124
cloning, 47
diagnosing complications, 164
difficulty visualizing, 170
in Conference Room Protocol, 90
in Needs Meeting Protocol, 116
in Switching the Dominance Protocol, 65
Provisional Resources. See Provisional Resources
role model definition, 32
Ross, Colin, 17
Rottmann, Gerhard, 207
sample dialogue
Attachment Needs Ladder, 101
Conference Room Protocol, 102
Needs Meeting Protocol, 136
Resource Development Protocol, 48
Switching the Dominance, 72, 75
SARI Model, 17, 208

Schore, Allan, 11, 201, 203, 204
Schwartz, Richard, 208
self-regulation, 200, 204
self-system, 8
sensorimotor activity, 115, 123, 196
  to bring client into present moment, 131, 214
Shapiro, Francine, xi, 12, 224
Siegel, Daniel, 8, 12, 17, 200, 203, 204, 207
simulation
  embodied versus standard, 11
Spiritual Core Self, 2, 219
  Breath Meditation, 44
  Core Self Meditation, 44
  List Meditation, 44
  overview, 42
  peak spiritual experience, 43
  Regular SCS meditation, 43
Sroufe, Alan, 201
standard simulation, 11, 25
state of mind, 8
  engrained, 8, 10
Stickgold, Robert, 13, 224
Stone, Hal and Sidra, 209
stuck, 196
Switching the Dominance Protocol, viii
  application of alternating bilateral stimulation, 67
  chain reaction of healing, 61
  chain reaction of reactive parts, 60
  checking on appearance of the mask, 64
  classifying parts of self, 59
  complications, 171
  complications and blocks, 71
  Enmeshment Reversal, 174, 176
  follow-up, 69
  illusion of significance, 64
  in Conference Room Protocol, 94
  mini-interventions to shift the dominance, 65
  miscellaneous protocol issues, 69
  overview, 2, 56
  pocketing the remains of the mask, 67
  presumptive introject, 59
  problematic introject messages, 171
  protocol steps, 62
  provoking the mask, 67
  re-switching the dominance, 70
  sample dialogue, 72
  to handle blocking introjects, 56
  to treat a simple problem, 57
  tucking in afterwards, 68, 71
system-wide announcement, 21, 187
target issue, 83, 99
  flexibility with, 97
  selecting, 241
TASPER, 123, 131, 196, 214, 255
TheraTapper™, 13, 40, 41, 132, 196, 224, 255
training in the DNMS, xi, 256
Transactional Analysis, 17, 21, 208
trauma, 30, 196, 202
  identifying related introjects, 31
  in context of relationship with adulthood caregivers, 33
  in context of relationship with childhood caregivers, 30
  trauma wound definition, 30
  trauma wounds, 1, 14
  treating trauma-related introjects, 30
  unmet needs after trauma, 31
  unmet needs before trauma, 30
  unmet needs during trauma, 31
tucking in, 20, 47, 175
  after Conference Room Protocol, 96, 97, 99
  after Needs Meeting Protocol, 131, 135
  after Switching the Dominance Protocol, 68
  during Conference Room Protocol, 98
  to a safe place, 216
Verny, Thomas, 207
Voice Dialogue, 17, 209
Watkins & Watkins, 17, 23, 209
wishful thinking, 185
wounding message, 24, 57, 58, 61, 63, 92, 94, 118, 121, 132, 133, 154, 155, 157, 159, 160, 161, 162, 166, 171, 177
Yost, Merle, vii