

MEETING PLACE SCRIPT – PRACTICUM SCRIPT

Introduction – Please read PRIOR to beginning the practicum exercise

Welcome. This two day practicum is designed to provide an interactive introduction to utilizing the Meeting Place. Whether working in quads or triads, each participant will have the opportunity to be in the role of client, therapist and observer.

Day 1 will focus on developing the meeting place, inviting parts who want to participate and beginning to explore the roles and relationships between parts.

Day 2 will focus on continued exploration of the roles and relationships between parts and possibly meeting some basic needs of parts (i.e.: loving eyes, acknowledging parts' role(s), validating parts' experiences, etc.)

Facilitators

Each room or section of the room will be monitored by at least one Facilitator. The role of the Facilitator is to monitor each groups' process and progress. The Facilitator will also provide time updates to the therapist in order to pace the work appropriately. If at any time during the exercise the therapist has a concern or question, the observer or therapist can flag down the Facilitator for additional support.

Your Role as the Client:

When participating as the client, it is essential you take responsibility for your experience and have a good sense of how to maintain your own emotional safety.

It is entirely your choice whether to enter the meeting place via the peaceful space or the staircase induction. Utilizing the staircase is not advised if you have a known dissociative disorder or a history of childhood trauma.

If you are concerned about meeting child parts in your Meeting Place, then I highly recommend intentionally working with your Adult Selves (i.e.: Therapist Self, Parent Self, Sibling Self, etc.)

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On a rare occasion, a workshop participant may feel it is not safe for them to be the client. If that is the case, please discuss options with your Facilitator.

Your Role as the Therapist:

When participating as the therapist, there are a few things to keep in mind. The following script is designed to be utilized as a general guide through the process. Please take time to read through the script and improvise as necessary when working with your client-partner.

Go slow! Give your client-partner the space to engage in the visualization process. This will also allow you to review the script as you go and provide ample time for anticipating the next steps/questions in the process.

Be respectful of your client-partner's process. The work is very intimate and it is your co-responsibility with your partner to keep the process safe. Respect the boundaries established by your partner and seek your Facilitator's support if you become stuck or concerned at any point during the exercise.

Your Role as the Observer:

Your role is to observe the process and flag down the Facilitator if your therapist or client partners need additional support. Once the rotation has completed, your feedback will be valuable to both partners.

Use of Bilateral Stimulation:

During the practicum experience we will not utilize BLS. During the didactic portion of the workshop I will discuss how and when to utilize BLS when working with clients.

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Beginning the Exercise (Notes for the Therapist Partner):

At the beginning of each round the therapist partner should obtain some basic information about the client partner to help facilitate the exercise. As you will see in the script, it will be helpful to tell the parts that come into the room a bit about your client.

I suggest you ask your client partner's name, age, where they live, work, pets, and a few of their adult interests or passions before you begin. It will be helpful to write these down on the notepads provided. You will also want to keep notes of parts you meet during the practicum.

Ask if they have developed a peaceful place and find out a little about this place.

Ask if they would like to transition to the Meeting Place via the staircase induction or the peaceful place. It doesn't matter if their peaceful place is indoors or outdoors, work with the client to create an appropriate transition.

The exercise starts on either page 4 (stairs induction) or page 5 (peaceful place) depending on how your client wishes to transition to the Meeting Place.

IF STAIRS INDUCTION - BEGIN THE SCRIPT ON PAGE 4

IF PEACEFUL PLACE - BEGIN THE SCRIPT ON PAGE 5

MEETING PLACE SCRIPT – PRACTICUM SCRIPT

STAIRS INDUCTION – ENTERING MEETING PLACE

Therapist I would like you to go to your peaceful place. Let yourself settle in and experience it with several senses. If you would like me to facilitate the process, let me know.

Tell me when you're ready to move on.

Therapist Now I'd like to invite to transition from your peaceful place to the meeting place. Locate the door to the meeting place and find yourself at the top of a set of stairs.

INDUCTION

Therapist You are at the top of a staircase with five steps. As you take the first step down, turn your attention inward twice as much...

[pause between each stair.]

As you take the second step down, turn your attention inward twice as much again...

As you take the third step down, you are less and less aware of your surroundings, and you turn your attention inward twice as much again...

As you take the fourth step down, turn your attention inward twice as much again...

As you take the last step down, you step into a large room. The lights are already on.

CONTINUE TO PAGE 6 - "A proposed structure of the room"

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PEACEFUL PLACE - ENTERING MEETING PLACE

Therapist I would like you to go your peaceful place.

Let yourself settle in and experience it with several senses.

If you would like me to facilitate the process, let me know.

Tell me when you're ready to move on.

Therapist Now I'd like to invite you to transition from your peaceful place to the meeting place you have chosen.

The following transitions may be useful.

If the peaceful place is outdoors and they will meet indoors:

Let me invite you to enter your indoor meeting place through a door you see nearby.

If the peaceful place is indoors and they will meet outdoors:

Let me invite you to go outside and walk briefly to the outdoor meeting place.

If the peaceful place is outdoors and they will meet outdoors:

Let me invite you to leave your peaceful place and take a short walk to your meeting place.

If the peaceful place is indoors and they will meet indoors:

Let me invite you to transition to another indoor space for your meeting place.

CONTINUE TO PAGE 6 - "A proposed structure of the room"

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DAY 1: MEETING SOME OF THE PARTS

A proposed structure of the room:

Be attuned to your partner's own structure and description of their meeting place. The following is a sample, proposed structure of a room that has often been helpful for my clients. But many clients choose an outdoor space and a few have chosen a cave.

Therapist [IF INDOORS, YOU MAY SUGGEST THIS. But follow their description if it's different.] On one side of the room/place, there may be a large table with comfortable chairs around it. On the other side of this room there may be a living room space with comfortable chairs and couches. Find just the right place to sit and settle in.

Adjacent to this room is a waiting area (where parts of you can listen but not be seen) and a play area (where parts can stay when they don't want to participate or need to be protected from what will be discussed in the meeting place).

Take some time to enjoy all the rich details of the room and when you are ready, please share some of what you observe.

Therapist [IF OUTDOORS, INVITE THEIR OWN DESCRIPTION.]

Take notes of the description of their meeting place for reference later.

Therapist I would like you to imagine that in this comfortable, pleasant place that you will be able you to meet with some parts of self that would be willing and who feel ready.

[IF INDOORS:] Now notice on one side of this place there is a door that leads into a hallway. I would like to invite the parts of the self who are comfortable and ready, to come down that hallway and into the meeting place.

[IF OUTDOORS:] Invite client to invite parts in.

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Meeting Parts

Therapist Let me know when the parts have come in.

Client OK, they're here.

Introduce yourself and your relationship with the adult client and the purpose of the work in the meeting place.

Therapist My name is _____, and I am a grownup counselor or therapist working with *[name of client]* who is *[age]* and who is a therapist participating in a workshop today. You may not realize it, but you are all part of him/her and he/she has grown up, and is *[share what the client has told you about him/her self.]*

Can you tell me which parts of you have come into the meeting place?

Establishing Safety

Therapist Welcome to all of the parts who have joined us today. I want to emphasize that this is a safe space. In here, no one gets hurt. I don't hurt you and you don't hurt me. We don't hurt each other. This is a place to get to know each better. We can talk, but we don't act out.

The intent here is to set up a place to learn about each other, and work together toward healing. This is not just another setting in which to carry on the conflictual relationships that preceded therapy.

Does everyone understand and agree?

Can the Adult describe the mood in the room today?

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Getting to Know the Parts

As you begin to get to know the client's internal family system, there are many useful questions you may wish to ask. Be as specific or as general as fits the situation. Some suggestions are:

What is the mood in the room?

Where are the parts in the room?

Who is seated next to whom?

Did anyone choose to go to the play or waiting areas?

What are the relationships between the parts?

Are there any parts in conflict with each other or the adult?

Are there alliances between any of the parts?

Take notes of these descriptions including age, appearance and where parts are located in the room.

Ask the client to speak directly with the parts through their Adult Self. Initially the client may need you to handle the communication but empowering the client to take charge in clear, loving ways is a priority.

You may do some other brief explorations if there is time. It is not uncommon that one part needs attention or has a story to tell. Always thank the part for sharing and explain the process if you are unable to address or explore a situation fully.

MEETING PLACE SCRIPT – PRACTICUM SCRIPT

Closure

Therapist We will need to complete our work in the meeting place for today. Thank you all for participating. We will meet here again tomorrow to continue our exploration. Is there any part that needs to say something before we complete for today?

[If applicable...] I would like every part to put any memories, pictures, feelings and emotions that have come up today and store them away here in the meeting room until we are ready to look at them again. There is a vault in the wall and the door is open where it can all be kept safe and not overwhelm you.

(Client's name), let me know when everything has been put away and you have closed and locked the vault. It can be opened another time to take out one thing to work on.

Therapist Now I would like all the parts to get ready to tuck in and return from the door which they came in. Older parts please accompany the young ones.

Look around and let me know when all the parts are gone.

Client They're gone.

Therapist Now we will begin transitioning out of the meeting place.

If your client partner utilized the staircase induction see the top of the next page "Returning via Staircase".

If they utilized the peaceful place, see the bottom of the next page "Returning via Peaceful Place".

MEETING PLACE SCRIPT – PRACTICUM SCRIPT

Returning via Staircase

Therapist So now I'd like you to stand up and go to the doorway to the staircase. Turn off the light to conserve energy.

As you take the first step up, you begin to become more aware of your body.

As you take the second step up, begin to pay attention to your breathing, in and out.

As you take the third step up, begin to move your body.

As you take the fourth step up, you may notice *[describe the noises in the room, such as others talking, air conditioning or cars going by.]*

As you take the fifth step up, you re-enter this room/office

You may open your eyes. You're back in this room. Look around and know you are here.

[Skip to the next page.]

Returning via Peaceful Place

Therapist Now I'd like you to stand up and go to the doorway where you entered the meeting place. Turn off the light to conserve energy.

Transition out the doorway and back into your peaceful place. Take a minute or two to experience your peaceful place.

When you are ready, begin to transition back into this room...noticing any sounds, the chair you are sitting on and your feet on the floor. Now slowly opening your eyes, gazing downward at first before fully returning to the room.

Look around and know you are here.

MEETING PLACE SCRIPT – PRACTICUM SCRIPT

Grounding / Assessing for Disturbances

Therapist Now I'd like you to close your eyes again and check inside. Notice if there is any disturbance.

If NO:

Therapist Thank you. I'd like you to ground yourself in my office by describing something in detail that you see here.

If YES:

Therapist That usually means there is some part of you still left in the meeting place, perhaps a young child part hiding somewhere.

Go back to the meeting place and look around. Is there anyone there?

Usually the client says yes.

Therapist Hello...do you need to say anything before you are tucked in?

Are you ready to be tucked in?

You may want to ask an older caretaking person to come out and accompany them if it is a younger part.

Therapist Now is the meeting place empty? Let's transition back to the room.

Welcome back. Is your body clear now?

If the body is still not clear:

I suggest you do the Over-Energy Correction, a deep breathing exercise, or progressive muscle relaxation exercise.

MEETING PLACE SCRIPT – PRACTICUM SCRIPT

REFLECTIONS

Invite your client partner to reflect on the process by asking them questions such as:

What was most interesting to you?

Were you surprised by any part that appeared?

How did it seem helpful?

If appropriate, you and the observer may share a few of your own reflections.

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DAY 2 - PRACTICUM

Please read PRIOR to beginning the practicum exercise

Today, I would like you to utilize the Meeting Place to continue exploring the relationships between parts and possibly exploring something useful for your client partner. To begin, I will ask you to guide your client partner to the Meeting Place and then ask them what will be most helpful today.

Perhaps it will be meeting the needs of a part; facilitating the cooperation between two parts (an older and a younger part); asking a part to consider stepping back because they are interfering with the grown-up client's functioning and do not realize it (or do not realize the client is now an adult with many adult skills).

In on-going work with clients there is often a clear plan as to what will be done week to week. It might be a process of working with internal parts to enable a client to function better at home, at work, or in school. And, of course, there can still be surprises, plenty of them.

Ask your client partner if they will be using the same induction script as yesterday and proceed as follows:

IF USING THE STAIRS INDUCTION, GO TO PAGE 14

IF USING THE PEACEFUL PLACE, GO TO PAGE 15

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STAIRS INDUCTION – ENTERING MEETING PLACE

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Tell me when you're ready to move on.

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INDUCTION

Therapist You are at the top of a staircase with five steps. As you take the first step down, turn your attention inward twice as much...

[pause between each stair.]

As you take the second step down, turn your attention inward twice as much again...

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As you take the fourth step down, turn your attention inward twice as much again...

As you take the last step down, you step into a large room. The lights are already on.

CONTINUE TO PAGE 16 - "Working with Parts"

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PEACEFUL PLACE - ENTERING MEETING PLACE

Therapist I would like you to go your peaceful place.

Let yourself settle in and experience it with several senses.

If you would like me to facilitate the process, let me know.

Tell me when you're ready to move on.

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If the peaceful place is outdoors and they will meet outdoors:

Let me invite you to leave your peaceful place and take a short walk to your meeting place.

If the peaceful place is indoors and they will meet indoors:

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CONTINUE TO PAGE 16 - "Working with Parts"

MEETING PLACE SCRIPT – PRACTICUM SCRIPT

Working with Parts

Therapist Find a comfortable seat and enjoy the rich details of this place.

Is the place the same as last time, or different?

If it's different, would you describe it to me?

I'm wondering what will be most helpful to do today in this place. It might be meeting the needs of one or more parts. It might be resolving differences. It might be asking for a controlling part to consider stepping back so that you, the adult, can function better in daily life. It might be meeting new parts.

Check inside yourself and ask yourself, "What will be most useful to you today?"

Therapist Let's just make sure that the work you are choosing to do is of a manageable size for the next 20-30 minutes. If it's too big, can we just work on part of it today?

So let's get ready to invite the part or parts that will help us with this today. It might be just one or a couple of parts. It might include other parts that know about this concern who can be helpful.

If any part or parts opposes this work today, we need to begin by understanding their objection(s). If it turns out to be a misunderstanding, that part or those parts may be in full agreement with proceeding. If not, we will ask for their agreement not to interfere with the work.

Notice the door in this place that leads onto a hallway where the parts entered and exited yesterday. I would like to invite the parts of the self who are comfortable and ready to help with this issue or who oppose this work today to come down that hallway and into the room.

MEETING PLACE SCRIPT – PRACTICUM SCRIPT

Setting up today's work

Therapist Let me know when the parts have come in.

Client OK, they're here.

Therapist Please tell me who has come in and where they are.

Welcome [again]. My name is _____, and I am a grown-up counselor or therapist working with *[name of client]* who is *[age]* and who has chosen today to work on *[chosen issue or problem]*

[READ ONLY IF NEW PARTS ARE PRESENT.] You may not realize it, but you are all part of her/him and she grew up, and *[share details about your client partner's life.]*

Establishing safety

Therapist Welcome to all of the parts who have joined us today. I want to emphasize that this is a safe space. In here, no one gets hurt. I don't hurt you and you don't hurt me. We don't hurt each other. This is a place to get to know each better. We can talk, but we don't act out.

The intent here is to set up a place to learn about each other, and work together toward healing. This is not just another setting in which to carry on the conflictual relationships that preceded therapy.

Does everyone understand and agree?

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Exploring the Issue / Meeting Parts Needs

Therapist Who would like to begin by sharing why they are here and how they are connected to this issue or problem?

Since all parts are speaking through you, the adult, I would like you to tell me who is speaking.

You will now use your clinical skills to explore an issue, allow different parts to express their ideas and concerns (just like you might in a family therapy session) and address what comes up. It is so varied I can't provide a script for the actual work.

MEETING PLACE SCRIPT – PRACTICUM SCRIPT

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As you take the third step up, begin to move your body.

As you take the fourth step up, you notice *[describe the noises in the room, such as others talking, air conditioning or cars going by.]*

As you take the fifth step up, you re-enter the office.

You may open your eyes. You're back in the room. Look around and know you are here.

[Skip to the next page.]

Returning via Peaceful Place

Therapist Now I'd like you to stand up and go to the doorway where you entered the meeting place. Turn off the light to conserve energy.

Transition out the doorway and back into your peaceful place. Take a moment to take in the details of this place.

When you are ready, begin to transition back into the room...noticing the sounds, the chair you are sitting on, and your feet connecting to the floor. Now slowly opening your eyes, gazing downward at first before fully returning to the room.

Look around and know you are here.

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REFLECTIONS

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Were you surprised by any part that appeared?

How did it seem helpful?

You and the observer may share a few of your own reflections.

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Bibliography

George A. Fraser MD and FRCPC (2003) Fraser's "Dissociative Table Technique" Revisited, Revised: A Strategy for Working with Ego States in Dissociative Disorders and Ego-State Therapy, *Journal of Trauma & Dissociation*, 4:4, 5-28, DOI: [10.1300/J229v04n04_02](https://doi.org/10.1300/J229v04n04_02)