

## MEETING PLACE SCRIPT

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The following is a Meeting Place script for use with your clients. It includes an introduction to the Meeting Place, a proposed structure of the room and meeting some of the parts.

Prior to working with your client, discuss the transitions into the Meeting Place, the stairs induction or entering through the peaceful place. Just a reminder, if your client has a known dissociative disorder, I recommend NOT utilizing the stairs induction. In addition, be mindful in your use of BLS during the Meeting Place.

Once the Meeting Place has been established, in future sessions you can utilize the script for the continued exploration of the relationships between parts and exploring something useful for your client. To begin, guide your client 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.

**IF USING THE STAIRS INDUCTION - BEGIN THE SCRIPT ON PAGE 2**

**IF USING THE PEACEFUL PLACE - BEGIN THE SCRIPT ON PAGE 3**

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### 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

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**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 4 - "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 4 - "A proposed structure of the room"**

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### SCRIPT 1: MEETING SOME OF THE PARTS

#### A proposed structure of the room:

*Be attuned to your client's 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 meets with me weekly for counseling. You may not realize it, but you are all part of him/her and he/she has grown up, and is *[some personal details about your client.]*

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 ego states, 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.*

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### 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 next week 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 the client 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".*

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### 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.

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### 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.*

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### REFLECTIONS

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Invite your client 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?

You 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)