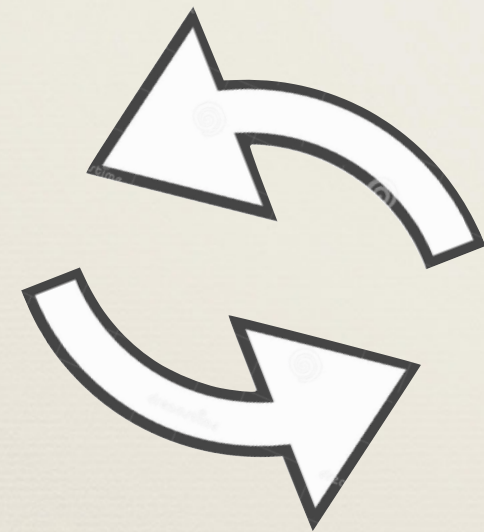# Time Line
- dissolving cognitive Barriers

Krakow, June 2024

overview

* about me

* time line, „future pace"

    * short explanations

    * demo

    * flowchart

    * (practice in small groups)

about me

- **Thomas Fritzsche,** *1961, graduate psychologist

- **Psychological Practice** since 1988

  - behavioural therapist, systemic therapist, hypnotherapist MEG, Master of Mental Training UMT, systemic organisational consultant OSB

- **Lecturing** at JLU Gießen since 1992, including „hypnotic communication in beh. therapy"

- **Seminars** for managers since 1994

  - Negotiation, Leadership, Self-Management, ...

- **Books**, among others

  - „The seven pillars of stress management" (2022)

  - „The woman whose arm let itself go. 10 case histories" (2021)

  - „The Impact - Strategy" (2014)

  - „Negotiating with confidence" (2013)

Haiku … Sonett …

* „Let the form control you" - this sometimes helps

* something else might also work - but we stick to the time line now!

Explanations

* time progression in 3D

* activates trance processes without formal induction

* particularly helpful for cognitive barriers/if you are going round in circles with your client

* central implication: "The day when it is all solved and settled" does exist

* case study blushing: *„Don't you worry about it!"*

* notes:

  * time required approx. 30 - 45 minutes

  * procedure can also be carried out mentally instead of 3D

P

F

Demo, now?

∗ Who wants to give it a go and experience "Time Line" with me?

∗ Does anyone have a cognitive barrier with them?

∗ Let's go on a journey towards the future to the day when X, your actual problem, has disappeared

Literature
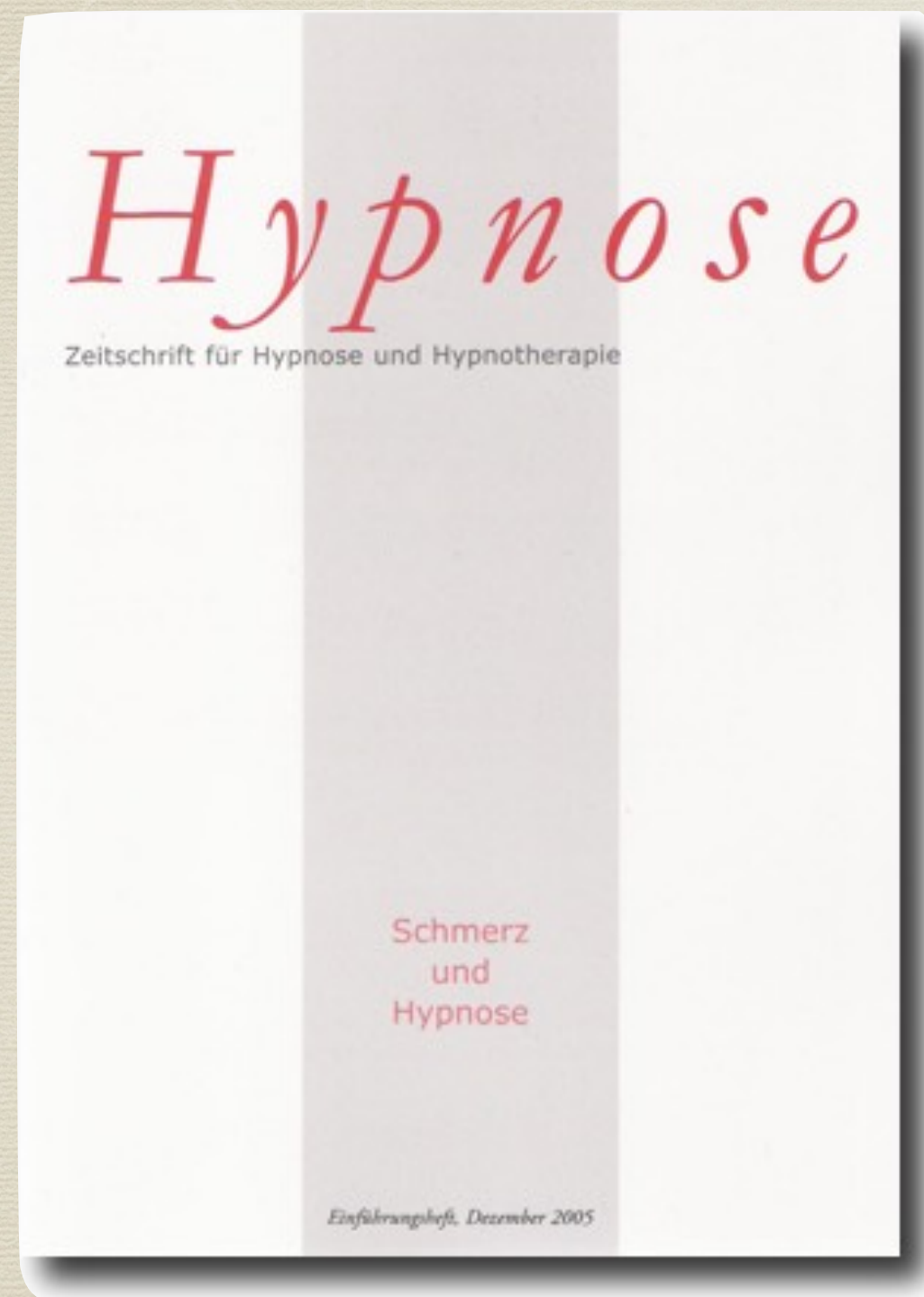
2022

Article about Time Line

2022

for clients

2021

for Christmas :-)

Process I

* **Preparation**

  * explain the principle of the time line = life line

  * where do you see it in the room?

  * define future / past / present

  * define 3 steps from the present P to the future F

Process II

Dissociated / "from the outside":

* go near the present area P

* let the client describe "the person over there"

  * problem state; V-A-K; thoughts, feelings; attitude

* go near the future area F, do the same

* important: F is "the day when he / she (the person „over there") has successfully solved the problem X that led him to your practice, „then" ... "

P

F

Process III

* **Associated / on the line, present:**

  * "Are you ready?" => step on the line at P

  * "How are you feeling now, here, actually?"

    * mirror all information from "outside", activate problem state

    * look ahead to F: "How is it *now*, from *here*?"

    * be aware of changes

  * use many spatial / temporal implications

    * "*up to now* ..." "from *this* point ..."

Process IV

* **Take one step, then another:**

  * "Are you ready to take the first step?"

  * let the person take a step (only one!)

  * ask in detail about changes

    * „How does it feel here - what has *changed already now*?"

  * look ahead again: "What looks F like, now? What do you perceive from here, now that you have taken the first of three steps?“

  * use implications

    * "You have already taken one step on your path to a good future... there are still two steps ahead of you..."

  * then do the same for the second step ...

Process V

∗ **Taking the last step: The future**

   ∗ "Are you ready for the last step?"

      ∗ create expectancy, then let the person walk

   ∗ ask again for all changes

      ∗ „What is it like *now that you are actually here?*"

   ∗ query the information from "outside" (dissociated, the beginning): "What is really like your expectation, what is different? What is missing, what else came along?"

   ∗ allow feelings, thoughts, attitude to be experienced particularly intensively (VAK!)

Process VI

* **Look back:**

  * turn around, look back to „then" (the past P)

    * query the view "from today to then ... when you had this special problem X"

    * ask for insights & impressions: "How do you feel now?" (don't just ask thoughts)

  * invite client to bring back something to his / her former self

    * "Would you like to say something to your former personality?"

    * "If you like to, take a message back to the past"

P

F

Process VII

* **Go back and get out:**

    * "When traveling in time, you always have to go back to where you started"

    * wait for readiness

        * "When you are ready, then ... slowly ..."

        * "Before you go, think about the message again..."

    * back in the present "get off the line"

    * don't talk down the experience!

    * give some implications for the near future

        * "Observe when you experience which changes!"

Process, Tipps

* V - A - K => intensity

* mirror client => rapport

* active listening => ditto

* consider time line as something "real" => trance

  * point to the line, make it real:

    * *"Be careful! Don't step on it yet!"*

  * talk about the person on the line:

    * *"that one over there..."*

Process, Overview

∗ I. Preparation: Where is the line? Where are Pr, F, Pa?

∗ II. Explore P & F from the outside

∗ III. Step into P, explore again: Changes? More?

∗ IV. Take step 1, then step 2; explore each time

∗ V. Take the last step to F, support the experience!

∗ VI. Turn and look back; possible message?

∗ VII. Go back and get out

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Thank you very much!

* **have fun, good luck!**