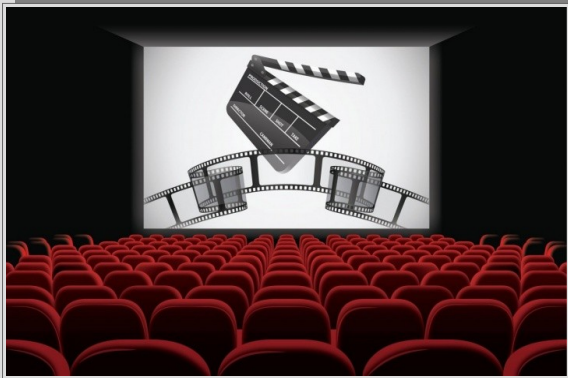


# 'The Movie Technique'



&



## 'Tell the Story'

*Guidelines to these Gentle Techniques.*

from Marie Holliday.



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The Movie Technique	Tell The Story
Identify a <i>specific</i> event (or part of).	Tell the story happens <i>generally</i> .
Is a very specific technique.	Can lead to ' <i>rambling</i> ' and move away from a trauma or event.
Dissociation technique as a <i>character</i> in the movie.	Being in the present moment, <i>as self</i> , when telling the story.
May be performed silently if wished.	Spoken out aloud.
May be kept completely private, even from the Practitioner if necessary by tapping on ' <i>This Movie</i> '. No requirement to share.	The story is shared with the Practitioner and isn't private.
Often used when client can't share the trauma or event easily.	Often used when the client is better able to share their trauma, event etc
Visual technique .	More a Verbal Technique
Set up & Reminder phrase needed.	No Set up & Reminder phrase needed.
SUDs used.	No SUDs necessary.
The Movie Technique, slows down a trauma or event and breaks it down into manageable parts. A Practitioner can help in a controlled manner.	A client can often rush through a trauma or event. And sometimes, can be used to relating the event many times.
Practitioner is aware of Aspects coming up from a Movie, however maybe only aspects of this one part.	Reliant on Practitioner pinpointing Aspects which often need to be noted as the client is telling their story.
May be used later in a session(s) when rapport has built up between Client & Practitioner.	Tell the Story can happen in a very ' <i>random</i> ' manner when the client chooses to relate it, at any time during a session and often the start of a session.
As clients are unaware of the Movie technique, it is introduced by the Practitioner.	Tell the Story is often ' <i>client led</i> ' where the client introduces their story when they feel comfortable.
Testing is often simpler with the Movie Technique.	A client can often become 'lost' in their story , it can be harder to test.
Very <i>focused</i> technique.	<i>Looser</i> style.

**NB:** Both are gentle, safe & protective techniques. Tell the Story can often naturally lead into the Movie Technique & they combine beautifully together.