

WAYS TO ACCESS THE CHILD EGO STATE

Most of the following interventions will access Free Child, some will access Adapted Child, some will access either, and some will access Free Child and Adult simultaneously.

1. Ask client to remember past scene by using three cues from the present: (Example: "When you are a little kid, and you are feeling sad, and you are thinking, 'Why does this always happen to me?' and you are thinking, 'They don't like me,' what's the scene?" (AC)
2. Ask, "How old do you feel?" (AC)
3. Ask script questions in I-Thou-Here-Now form. ("You are just a little kid. What's the best thing your mommy does for you?" "...the worst?" "What's your favorite story?" "What's the most shameful thing that happened to you?") (AC)
4. Encourage expression of "racket" affect. (AC)
5. Encourage affect in here and now. (AC, FC)
6. Client speak in native language. (AC, FC)
7. Go with body movement or appearance, e.g., "What's your hand saying (doing)?" (AC, FC)
8. Have client attend to or exaggerate present body movement, posture, or facial expression and then ask, "How old do you feel?" or "When you are a child and feel like this, what's going on?" (AC, FC)
9. Client reminisces, using present tense. (AC, FC)
10. Client brings childhood photos and pretends to be in a photo scene. (AC,FC)
11. Use hypnosis, to return to specific scenes. (AC, FC)
12. Breathe deeply. (AC—>FC)
13. Therapist stimulates "organismic disgust" by asking the client to exaggerate a symptom or response until the client moves into free Child and says "enough" (AC→FC)
14. Switch from an Adaptive feeling to a new feeling. (Example: Tell client to, "Stay feeling "hurt" "Now fight back.") AC→FC)

15. Switch from an Adaptive feeling to a new feeling. (example: Tell client to , “Stay feeling hurt”... “Now fight back.”) (AC→FC)
16. Switch from an Adaptive belief to a new belief. (AC→FC)
17. Therapist plays an exaggerated Parent role to get the client to fight back. (AC→FC)
18. Applause (FC)
19. Encourage movement. (FC)
20. Use humor. (FC)
21. Heighten key Free Child statement of client by having client say it repeatedly and loudly. (FC)
22. Encourage happy/joyous affect. (FC)
23. Encourage a new affective response. (Example: If a person experiences only anger at being left out, encourage expression of sadness.) (FC)
24. Therapist work in Free Child. (FC)
25. Sing inappropriate or exaggerated or “bull’s eye” lyrics. (FC)
26. Client sings their worries, stereotyped problems, etc., making them silly. (FC)
27. Client talks louder or shouts or roars. (FC)
28. Client uses new, forced or silly gestures. (FC)
29. Client speaks in “tongues” to make the words silly. (FC)
30. Client sticks out tongue. (FC)
31. Free Child brags. (FC)
32. Serve finger food and fun food. (FC)
33. Guided imagery. (FC)
34. Art work (spontaneous, messy, not perfectionistic. (FC)
35. Dream-work (that is active and imaginative rather than cognitive). (All ego states can be accessed)
36. Therapist (or group members) nurture client in ways new to the client. (FC)
37. Instruct client with a Fritz Perls accent to speak to a person in 2-chair format, rather than to talk about the person. (Example: “say thees to heem.” (FC)
38. Instruct client to find a powerful posture. (FC)

39. Three generational work. (A & FC)
40. Show PARENTHESIS as “parent thesis” when client has used a parent program with the word “but”. (Example: “I’d be happy about that BUT you can’t expect it to turn out all right.” (A & FC)
41. Draw ego-state diagram with silly faces in the circles, tears dripping from eyes, silly hats, and so forth (A & FC)
42. Ring a bell to interrupt non-autonomous statements. (Example: “I TRY (ring the bell) to lose weight. (A & FC)
43. See your mother/father when he/she is ten. What’s going on in his/her life that would make him/her treat you badly when you are a child? (A & FC)

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