

Fraser's Dissociative Table & Meeting Place

Script, Guidelines, and Troubleshooting

The proceeding script, guidelines, and troubleshooting tips for Fraser's Dissociative Table are excerpted in part from the work of George A. Fraser and Kathleen M. Martin.

Step 1: Psychoeducation & Introduction	Introduce technique by saying: <i>"We need to find a way to communicate with all the various aspects of you. Everyone has "parts" or "facets" of self. These parts vie for airtime and contribute to the chronic feelings and chronic struggles that you have. You've heard the language: "One part of me feels mad" or "On one hand I want this but on the other I want that." This does not mean that you have multiple personalities. It means you have conflicting internal experiences. It will be helpful to identify these various factions of yourself to help us resolve the issues you want to resolve. Are you willing to give it a try?"</i>
Step 2: Establish client can visualized	If no safe/calm space installed, do so right now. (STOP & Install before proceeding to Step 3). If safe space/calm is installed, move on. Client can visualize. (Go to Step 3). Troubleshooting Tip: IF your client cannot visualize, you must alter the rest of this technique by eliminating instructions to visualize and replace them with instructions to list various aspects of self.
Step 3. Get your client in a calm state	Take a few deep breaths Access space/calm place imagery
Step 4: Develop table/meeting place imagery	If using Table Imagery say: <i>"now I'd like you to leave your calm/safe space and imagine a room with a table in it. This room is pleasant where no harm can come to you. The table in this room is a special table. It can be as big or small as you need, just the right number of chairs. When you have this image of the table let me know."</i> If using Meeting Place Imagery say: <i>"Now I would like you to leave your clam space and imagine a meeting place where all the various aspects of yourself can come and gather. Create this meeting place so it is pleasant and comfortable. This meeting place has just the right amount of sitting places. When you have this meeting place in your mind let me know."</i> G.A. Fraser's Language: <i>"Now I would like you to change that relaxing scene to that of a pleasant room. In this new room there is an oval table. Around that table are a number of chairs. This is a very safe room. In this room, no one gets hurt. I don't hurt you and you don't hurt me."</i>
Step 5: Vivify the Image	Ask client to describe the imagery and ask, <i>"Is it 'a new to you' table/meeting place?"</i>
Step 6: Instruct the adult part of self (ANP) to enter the imagery and take his or her place.	If using Table Imagery say: <i>"Now I want you to imagine going into this room and take your place at the table. When you are settled in, let me know."</i> If using Meeting Place Imagery say: <i>"Now I want you imagine going into this meeting place. Find just the right place for you. When you are settled in, let me know."</i> G.A. Fraser's Language: <i>One of the chairs is reserved for you. The rest are the others that you suspect are within you. Nod your head when you see yourself in one of those chairs."</i>
Step 7: Invite the Emotional Parts (EP) to enter the imagery	If using Table Imagery say: <i>"Now I want you to invite all the various aspects or parts of yourself to come into this room and take their places. Watch them as they come in. If they can't come to the table, perhaps they can come to a side room or to an adjoining room. When they are all there, tell me who and what you see."</i>

	<u>If using Meeting Place Imagery say:</u> “Now I want you to invite all the various aspects or parts of yourself to come into this meeting place and take their places. Watch them as they come in. If they can’t come to the meeting place, perhaps they can come to a side room or to an adjourning meeting place. When they are all there, tell me who and what you see.” <u>G.A. Fraser’s Language:</u> “Now I would like I would ask you to invite the “others” or “those who belong to the voices you have been experiencing” ... Or those your friends have reported meeting.”
Step 8: Gather clinical information	<u>G.A. Fraser’s Language:</u> “Now for those who feel safe have arrived, I would like you to describe who is sitting at the table/meeting place.” Begin to collect the following information: A) Who is there? B) Names? C) Functions? D) Ages? E) Alliance and Phobias between them? F) Degree of time orientation? G) Degree of consciousness among parts?
Fraser’s Dialogue Setup	“Now that the “group has come to the table/meeting place I suggest that those who have been reluctant to come, at least listen in or watch from the background.”
The Spotlight or Microphone Technique	<u>Spotlight Technique:</u> (Therapist says to the Ego States or EP’s) “While you are sitting at the table/meeting place, you will notice a spotlight over the head of the person who has been speaking to me. Whoever this light shines on is the one who is able to communicate directly with me. You can move that spotlight to shine on another person so I can get to meet that person. As you look around the table, find someone who is willing to speak to me. Know your head when someone has agreed. Ok as I count to three, gently move the spotlight to that person. Ready – one, two, three. Ok whoever now has the spotlight shinning on them can directly speak with me. Would you like to speak to me with your eyes open or closed? <u>Microphone Technique:</u> (Therapist says to the Ego States or EP’s) “While you are sitting at the table/meeting place, you will notice a microphone over the head of the person who has been speaking to me. Whoever this microphone is passed to on is the one who is able to communicate directly with me. You can move that microphone to any one you choose so I can get to meet that person. As you look around the table, find someone who is willing to speak to me. Know your head when someone has agreed. Ok as I count to three, gently move the microphone to that person. Ready – one, two, three. Ok whoever now has the microphone on them can directly speak with me. Would you like to speak to me with your eyes open or closed?
Middleman Technique	When a part is not prepared or refuses to speak at this time consider using the middleman technique. Address the Ego-State that has developed contact and rapport with Therapist Therapist says to EP “Since you are not ready to speak to me yet, would speak to the person under the spotlight who has been speaking with me, and tell that person a little about yourself and why you might be having difficulty speaking directly to me.” Troubleshooting Ideas: A) If the alter is mute, pass a pen and paper and allow it to write responses. B) If the alter is a very young child, ask it to draw a picture. Consider asking an alter who knows the child to interpret the drawing. C) If the problem is one of a different language spoke, find an interpreter around the table or meeting place.
Screen Technique	Alters or EPs can now project the scene of the abuse memory on the screen yet safely sitting in a chair at the dissociative table or meeting place. Since everyone can see the screen from the table/place, that memory can be seen by all who are willing to watch. They can also see and experience the emotional reaction of the person who is showing/sharing the memory. Tip: Suggest there is a remote-control device allowing alters to stop, start, rewind, or fast forward that scene.

	To setup the screen technique say, <i>“You will notice to that to the side of the table is a screen. Each person can share memories, along with the feelings that go with them, on that screen. The person reviewing the memory, or anyone else, can narrate what is happening so I can know what you are recalling. If the scene becomes too difficult, just press the stop button, and we can continue at a later time. Ok, who is ready to share a memory?”</i> Nota Bene: Some alters, EPs, or personalities may use the screen to view the knowledge of the memory but still try to distance the emotional connections. To guard against this, check every so often to ensure that there is emotional connection with the memory being reviewed. If not, say <i>“as [name of alter] is showing the memory, I want you all to join hands, and connect with the feeling that go along with this memory.”</i>
Memory Protective Technique	Sometimes a memory on the screen is very painful and causes such distress that the client cannot go on with that memory network. If so, consider creating a new protective memory to be associated with the traumatic memory in order to gain mastery. For childhood memories: <i>“It seems that the little child in that scene is very frightened and lonely. Why don’t you get up from that table, walk right into the screen, and hug and nurture that child. Tell her/him she/he is not bad, and soon she/he will be safe with you.”</i> One thing you could say is <i>“Perhaps there is something you may wish to say to that adult who is hurting the child. Let’s go into that scene, and Ill back you up as you let him know what you think of what he is doing.”</i>
Transformation Stage Technique	G.A. Fraser’s guides therapist to consider a special stage to the side of the dissociative table or meeting place. Then the alter goes onto the stage, it can transform their age or sex, when they request this as a part of process leading to eventual fusion/integration. Suggestion is to have a mirror to the side so they can see the changes that will come about. This technique is helpful when an alter feels • Too small • Too young • Or of the wrong sex (Sex changes are only done when going from one that is a variance with the biological sex & only when the alter is ready). • And wants to be in harmony with the biological reality. Transformation Script: <i>“You will notice to the side of the table/meeting place a special stage area. As you stand in that area, I can help you advance to the new age (or sex) we have discussed. I will count to five when you are there. While I am counting, you will notice yourself change to that age (or sex). Ready? One, two, three, four, five. Okay, now look in the mirror and notice that change!”</i>
Fusion/Integration Techniques	<i>“To fuse, I want you to do the following. While at the table (or side of the table, or whatever imagery place they now have), I want you to join hands in a circle. As I count to five, you will walk together into each other, joining as one. Ready”.....After slowly counting, say “Now that you are joined together as one, open your eyes and experience what it is like being together. Each of you is aware of his or her own existence, but notice you share your thoughts and feelings. Notice, too, that there are no voices because you can now all think together.”</i>
Unfusion Technique	<i>“Now you are ready to return to your individual states. Close your eyes. As I count backwards from five to one, merely step ack into your original circle and let go of hands. Ready?”</i>

References:

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- Martin, K. M. (2012). Clinical Q&A How to use Fraser’s dissociative table technique to access and work with emotional parts of the personality. *Journal of EMDR Practice and Research*, 6(4), 179-186.