

Seemorg Phobia Protocol

1. MT for ND and D and treat if necessary.
2. Discover the meaning of her phobia—is it literal or metaphoric?
 - a. LITERAL CAUSE: MT: “I am scared of snakes because I was scared by a snake as a child.”
 - b. INTROJECTIVE CAUSE: MT: “I am scared of snakes because I internalized my mother’s fear of snakes.”
 - c. METAPHORIC CAUSE: MT: “I am scared of snakes because something scared me as a child that is like a snake in some way.”
3. LITERAL TREATMENT: If the cause is literal:
 - a. ORIGINATING TRAUMA(TA): Using the client’s memory or MT, discover the Originating Trauma that made your client phobic, and treat it with the Trauma Protocol. This trauma could have occurred in this life, a past life, the life of one of your client’s ancestors, or in the client’s cultural history.
 - b. INITIATING TRAUMA: Treat your client’s actual phobia, the Initiating Trauma next, e.g., “All my fear of snakes throughout my entire life,” with the Trauma Protocol. Note that the phrase needs to include the relevant emotion (here, fear) as well as the focus of the emotion (here, snakes).
 - c. CONNECTING TRAUMA: Treat the connection between the Originating and Initiating traumata, e.g., “Because I was frightened by a snake as a child (once or many time), I have been afraid of all snakes all my life.”
 - d. TRAUMATIC PATTERN: Treat the phobia as a traumatic pattern, e.g., “All the times and ways I’ve been afraid of snakes all my life.”
 - e. CORE BELIEF TREATMENT: MT to see if it is necessary to create and administer a Core Belief Matrix about the client’s phobic. If the MT is strong, create one with your client consisting of all the negative beliefs your client has,

e.g., about snakes and the positive ones that would be more realistic.

4. **INTROJECTIVE TREATMENT:** If the cause of your client's phobia MT's as introjective, e.g., introjected from the client's mother, treat the same way as in #3 above (Literal Treatment), treating the actual introjective process as an Originating Traumatic Pattern, e.g., "All the times and ways I unconsciously took in my mother's fear of snakes and unconsciously made it my own."
5. **METAPHORIC TREATMENT:** If the cause of your client's phobia MT's as metaphoric, this means that the thing your client fears is a symbol or metaphor of what she really fears.
 - a. MT various possible meanings of what your client is afraid of until you find the meaning of her phobia. For example, snakes, in many cultures, are phallic symbols. If my client is phobic to snakes in a metaphoric way, I would immediately suspect some kind of sexual abuse. You can use AN ILLUSTRATED ENCYCLOPEDIA OF TRADITIONAL SYMBOLS by Cooper as a source of possible meanings if you wish.
 - b. Once you have found the meaning, use your client's memory or MT to discover the trauma or traumatic pattern connected to that meaning that is the Originating Trauma for the phobia. It may have occurred in this life, a past life, in the client's ancestry, or in the client's cultural history. Treat this trauma or pattern.
 - c. Treat exactly as in 3 b-e.
6. **CONDITIONED RESPONSE ELIMINATION:** Teach your client the Habit Extinction Protocol so that they can eliminate any recurrence of phobia emotions due to conditioning over the years.
7. Hallelujah!