

Useful Therapeutic Methods for Facilitating and Assisting in the Recall, Understanding, Processing, and Integration of a UFO Experience while Reducing Accompanying Trauma/Anxiety.

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It is assumed here that the counselor has had considerable experience with facilitating extra-ordinary events, especially those of a UFO nature and can readily create a safe, supportive, and compassionate environment for the experiencer to recall, integrate and utilize their learnings from the particular event. Trust and confidentiality are essential ingredients to assist in the full recall and disclosure of the UFO experience.

1. Having the person tell what he recalls of his experience in whatever way is most comfortable, adding more details as they are remembered. (without feedback, judgment, or reactivity from the listener and without hypnosis). A type of free association.
2. Having the person write his experience as fully as possible.
3. Working with the person's dreams involving UFO activity.
4. Focusing - (focusing on 1 memory or face and allowing feelings and thoughts to surface.)
5. Active imagination (using an image to rebuild a scene).
6. Hypnosis (hypnotherapy, self-hypnosis, affect bridge (taking a feeling, intensifying it and going back to an earlier time you felt it), age regression, age progression.)
7. Ideo-motor responses
8. Guided visualization
9. Breathwork
10. Meditation
11. E.M.D.R. (Eye Movement Desensitization and reprocessing)
12. Symbolic Resonance (where one feels a special draw for no known reason toward some things and not others).
13. Pendulum
14. Bodywork
15. Psychotherapy
16. Investigative techniques
17. Experiencer support group

