

I-Gaze Protocol: Step-by-Step Instructions

Guide: *Therapist's instructions to the client are in italics.* Regular typeface denotes instructions to the therapist.

1. *Close your eyes and think about the picture—first person perspective if you can. If you can't—you can't.*
2. *Scan your body; notice the feelings and sensations that are coming up right now.*
3. Offer the suspect NC's: I'm alone; I'm invisible; I'm not enough; I'm too much. If the client selects one or more, then go with that. If the client cannot select one, then let it go for now.
4. *How intense are the feelings now?* If more than an 8 or so, ask: *Can you feel your toes?*
 - a. If yes, then continue to 5.
 - b. If no, then initiate "Kneading Toes": *Knead your toes into the floor: left foot, then right foot.* Evaluate if that establishes the somatic boundary.
 - c. If not, then initiate the "cross crawl" then go to 5.
5. *Check each eye separately: see if they're the same or different.* Get a SUD in each eye. Remember: high numbers merit a check on the body: *Can you feel your toes?*
6. Start with the higher SUD eye uncovered. Do an absorption set by initiating horizontal eye movements (zones 4-5-6) about 12—20 times.
7. Get a SUD in zones 4, 5, 6. *Give me a number here. Give me a number here. Give me a number here.*
8. Have the client rotate his/her head so as to peer at your dominant eye from the highest SUD zone.
 - a. If the zones are the same, use zone 5 (the middle and therefore easiest to access).
9. Initiate a mutual eye-gaze from your dominant eye to the highest SUD zone while tapping on the client's knees.
 - a. Continue for approximately 2 minutes
 - b. Think compassionate, soothing thoughts (e.g., I'm with you now; I see you)
 - c. Allow your face to relax as you peer deeply into the client's pupil. Let your natural attachment system/reflexes guide what your face does.
10. Debrief: *Tell me about that.*