

Study Guide for the ImTT Certification Test

By

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1. What is the ImTT definition of an image?

An image is a psychologically energized mental representation.

2. What are the four psychological dynamics that energize images?

Pain & terror (negative feelings in general), Feeling-States, belief in the image (culturally acquired images) and anticipated images.

3. What protocols do you use to eliminate the images depending on which dynamic is energizing the image?

Images energized by pain, terror, shock, etc. are processed using the IDP. Images without a separate energizing pattern such as Feeling-States and culturally acquired images and anticipated images are processed with the Image/Feeling Protocol.

4. What is the order for trauma processing and why.

1. Pain or terror, 2. shock and/or freeze, 3. emotion if necessary, 4. Image

Usually the feelings of pain or terror are what the person is experiencing when focusing on the trauma so those feelings should be processed first. Shock and freeze are then released because those feelings prevent processing of other feelings and cognitions. Emotions are processed only if they haven't been significantly reduced in intensity. The image is processed last so that all the feelings can be more easily identified and released.

5. What are some situations in which the general order for processing a trauma should Not be followed?

a) The person cannot tune into the PPR.

- b) The person is experiencing an intense emotion such as guilt or shame which must be released first.
- c) The person cannot experience any feeling.

6. If a person cannot identify any feeling, what might be a good approach to releasing a traumatic memory the person is aware of?

Process what the person is aware of. Deconstruct the image. Or do the Morphing Technique on the image.

7. What is the effect of shock on emotions and processing?

Shock numbs the feelings and prevents processing of feelings and cognitions.

8. What are the two indications that shock is present?

- a) The event is an obvious cause of shock such as an assault or accident.
- b) The person states some form of "I can't believe...."

9. How does freeze affect behavior? What are the possible presentations that freeze is affecting feelings and behaviors.

Freeze incapacitates a person, preventing the person from acting in some way that normally would be within the person's capacity.

Presentation: Feelings of overwhelm, anxiety, and procrastination.

10. What is the basic principle of the Survival Model of Psychological Dynamics?

All psychological dynamics are the result of evolutionary adaptation with the goal of survival.

11. Describe the Survival Model of Psychological Dynamics.

See the book.

12. What are the Primary Psychological Reactions, and why are they important?

Pain, terror, shock, freeze, disgust, survival rage

The PPRs evolved for the purpose of avoiding immediate death. They are the foundation for all psychological dynamics related to avoiding death. This includes guilt and shame.

13. How does the Survival Model explain the existence of guilt and shame?

Beyond avoiding immediate death, survival depends on obtaining the necessities that are required for living—i.e., food, clothing, shelter. Living in a group (e.g., tribe) optimizes our chances for survival. Guilt and shame are feelings that provide survival value because these emotions motivate relationship-repair behavior—relationships that are important for our survival.

14. What are the two feelings that underlie shame?

pain and terror

15. Describe the two forms of shame.

Terror-Shame: This feeling is a result of breaking the norms of the group. Groups established norms that are agreed upon for the survival of the group. Therefore, by consensus, the norm breaker threatens the existence of the group and the lives of the group members. The threat can be eliminated by killing the person; exiling the person from the group; or if the shame-person is allowed to stay, by lowering the status of the person to reduce their influence on the group and its survival chances. The feeling of shame is a signal to the group that the person will accept their low status if they are not killed or exiled.

Pain-Shame: Pain-shame is created when a person is rejected from a group but that the person's survival is not threatened. Example: A boy wants to join a group of other boys but is rejected. His life is not

threatened because he is still part of the larger community. So the feeling generating the shame is pain not terror.

16. Describe the Win/Lose dynamic and several presentations in which it is an issue.

The Win/Lose Dynamic is the social aspect of the hardwired motivation for seeking that which is needed for survival. The Win/Lose Dynamic focuses on the competition for status within the tribe. The person's status within the group determines the importance that the tribe assigns to that individual which determines who gets the best mates, the best food, education, and protection. This determines, in turn, the person's chances of having the best genes for his children and children's chances of growing to adulthood.

17. When should the Image/Feeling Protocol be used instead of the IDP?

The IDP is used when a PPR (pain, shock, etc.) must be released before eliminating the image.

The IFP is used when the feeling is embedded in the image itself. The IFP is used with Feeling-States, anticipated images, and culturally accepted images.

18. A client has been traumatized in a car accident and is too fearful to drive. What is your treatment plan?

1. Release the pain/terror
2. Release the shock & freeze
3. Release emotions as necessary
4. Deconstruct the image
5. Perform the IFP on the anticipated image.

19. Why does releasing pain with the Chronic Pain Protocol have a different release process than the P/TRP?

Physical pain particles are "heavier" and do not release from the psychological system as easily as more psychologically created color

particles. Therefore, the “color of pain” particles should be released from the nearest and easiest release point.

20. What is black tar, and how do you release it?

When a person perceives that a “black tar”-like substance is present, it appears that the black tar interferes with the flow of feelings. It is conceptualized as a form of concentrated feeling toxins.

The “black tar” is usually difficult to release and requires the person to visualize something like a solvent to dissolve it or blowing it up and chipping away at it. The client is instructed to find a way to break up the substance and release it.

21. What is a Trauma Memory Network and how would you process it?

A Trauma Memory Network is a network of traumatic memories that are linked through similar feelings. The key point is that releasing the feeling from one memory will de-energize that feeling from other memories in the network.

The other memories may not be obvious at the beginning of treatment but may surface after the person deconstructs the targeted memory. Then those other memories can be deconstructed before releasing the pixel-particles from the body.

22. How can ImTT process dissociated memories?

Dissociated memories can become activated by current events. By processing the current events, the feelings that are linked with the dissociated events are released as well. This means that the dissociated memories will be less painful and terrifying. As these dissociated memories become less intense, the person may then be able to become aware of those memories.

23. How would you treat fragile people differently?

Some people become frightened when a feeling or image is released because they are either used to it and the image or feelings seems to be a part of who they are. Another reason that they may react with

fear is that the amount of change caused by the release feels destabilizing. With fragile people release only the amount of feelings that the person can adjust to without becoming overly scared. Then return to releasing the feelings in another session.

24. How would you treat a person with panic attacks?

1. Process the memories of the panic attacks with the P/TRP and IDP.
2. Process the anticipated memories with the IFP.
3. Provide an audio of the P/TRP that the person can play if they have another PA.
4. Try to identify and process the cause of the panic attacks. There has to be some thought or some feeling that scares the hell out of them.

25. What are Feelings of Absence and why are they important?

Feelings of Absence are the opposite of the Assured Survival Feelings. The feelings are the feelings of loneliness, emptiness, nothingness, and not existing. They are important because, even though these feelings are not so obviously noticeable as the PPRs, they are often the prime motivators of behaviors to avoid those feelings.

26. How are Feeling-States formed?

Feeling-States are formed when a person who has a built-up need for an Assured Survival Feeling experiences an event in which they get the feeling. The feeling is so intense that a fixated linkage is formed between the feeling and the behavior, person, or object.

27. What behaviors indicate an FS is present?

Addictions, compulsions, missing someone to the point of causing significant disturbance in a person's life, uncontrollable anger or rage.

28. What other dynamics motivate addictive/compulsive behavior?

Avoidance of feelings and memories.

29. How do you treat codependent behavior using FS treatment?

Identify and eliminate the linkage between the positive feeling and the person.

30. What is the question to ask to identify the codependent FS?

“What is the most positive experience you’ve ever had with that person?”

31. What is a general treatment plan for depression?

Release the pain of depression with the P/TRP and then the feeling of depression with the F/SRP. Then identify the specific issues that are creating the depression.

32. An adult has feelings of abandonment but no specific memories of it. How would you go about processing the feeling?

1. Have the person create an imaginary scenario that resonates with that feeling.
2. Release the feeling of terror or pain linked with the feeling of abandonment.
3. Release the feeling of abandonment if the person has an EF of abandonment.
4. Deconstruct the image of abandonment.
5. If at any time, an actual memories surfaces, immediately target the newly surfaced memory, starting at the beginning.

33. What is the difference between a Feeling NC and an Image NC?

A feeling NC is a NC that the person states “I feel...” such as “I feel broken.” An Image NC is an image that the person knows to be true but does not actually experience it as a feeling. Example: “I know I’m stupid.”

34. How do you treat non-sensory modality images?

Non-sensory modality images are images that do not have a sensory component such as a visual or auditory component. The person is asked to sense the image and break it up into tiny units. Then destroy it. Then continue with the IDP processes.

35. What is an Assured Survival Feeling and why is it important?

An Assured Survival Feeling is a feeling that provides feedback that the person's behavior is good for his survival. For example, the feeling of belonging provides feedback that the person is part of the tribe since being part of the tribe is necessary for providing the person with the necessities of survival.

36. What are the four categories of ASFs?

1. Safety
2. Relational
3. Win/Lose
4. Excitement/Alive

37. What is the connection between ASFs and FSs?

Only ASFs become embedded in FSs.

38. What positive feelings are not ASFs and therefore cannot be part of an FS?

Relaxation, comfort, peacefulness,

39. What are some possible ASFs linked with anger?

Dominance, powerfulness, strength

40. When safety is the ASF linked with a person, what likely should be released first and why?

Terror is the motivating feeling for the person to seek safety. The person will not release the FS linked with the ASF of safety until he feels safe enough to do so.

41. What is the ImTT view of urges and cravings?

Urges and cravings occur as a result of the person “wanting” something. However, they are not what is actually wanted. The person will no longer have urges and cravings when the psychological dynamics causing the urges and cravings are no longer present.

42. What are the two motivating dynamics of urges and cravings?

Feeling-States and avoidance of feelings and memories.

43. When assessing a person for Feeling-State treatment, what are two important questions for the therapists to ascertain before beginning treatment?

1. Is the person stable enough to release the FS?
2. Is the behavior a result of the person seeking a feeling or avoiding a feeling?

44. Describe the six phases of the FSIP?

See the book.

45. What are the important points of the preparation phase?

Explain how Feeling-States are formed and prepare the person for trauma work as well.

46. During FS treatment, if a person’s behaviors over weeks have been diminishing but, all of a sudden, spike in frequency or intensity, what is the likely cause?

Something has happened in the person’s life that has activated feelings and memories that the person wants to avoid. Feeling-States do not reverse.

47. Describe the Stages of Change.

See the book.

48. Why is an explanation of the Stages of Change be useful to your client?

The client can have an overview of what why he is experiencing some disorientation effects and that the outcome will be positive. This reduces the person's anxiety about the changes that are occurring.

49. Why does ImTT NOT install a positive image?

Once the person's negative feelings and image are released, his mind will automatically begin moving in an effective direction. Installing seemingly positive images will interfere with this process.

50. What does it mean when the negative image changes to a positive image during the image deconstruction phase?

The person's mind is creating a positive image that counterbalances the remaining negative image. When the negative image is completely deconstructed, the person's mind will not create a positive counterbalancing image.

51. What do you do when the client's image becomes more positive during the deconstruction of the image?

Return to deconstructing the original negative image.

52. XXXWhat could be the long-term effect of not completely processing the negative image so that the positive image created to counterbalance the negative image is still present?

The positive image was created to counterbalance the negative image. In other words, the positive image is not what the person really wants but is formed in contradistinction to the negative image. If left in place, the person's goal then, becomes the fulfillment of the positive image. If the negative image had been completely eliminated, the person's goal might be very different since they are

not trying to overcome a negative—a negative image that was the result of a bad event. The incompletely processed negative image will energize the positive image and impelled the person to fulfill the “positive” image that either isn’t what they really want or without a more rational approach to the goal.

53. Why are the pixel-particles released from the body after deconstructing the image?

The deconstruction of the image fragments the image pattern in the body. However, each image fragment contains the whole psychological dynamic, albeit in a less intense form. Complete release of the image requires that the pixel-particles be released completely from the body.

54. What is the Changing Patterns Protocol, and how do you use it?

The CPP helps jump-start the changing of the person’s expectations after images are released. Once an image is released, the person is asked to focus on different areas of his life that were affected by the image.

55. What is an Action Embedded Feeling? Name two.

An Action EF is an EF that directly motivates behavior.
“I feel as if I have to do everything perfectly.”
“I feel as if I have to please people.”

56. When a client is experiencing intense rage, what is a useful approach for releasing it?

Release the feeling from the feet after identifying the color of the feeling. After the rage has deflated, release the color of the feeling from the body using the F/SRP.

57. What is displacement and what kind of presentations would indicate that displacement of feeling is present?

Displacement occurs when a person cannot let himself experience thoughts or feeling toward the unsafe person and instead projects

them onto someone else.

Two indicators of displacement are feelings of paranoia and a feeling about an object that evokes non-rational behaviors to change that feeling. Example: a clean sink that person experiences as dirty, as in OCD behavior.

58. What is the difference between survival rage and anger? How would you treat each feeling?

Survival rage is the feeling that gives energy to the fight reaction for survival. Survival rage is usually best released by identifying the color and draining it out the feet.

Anger can be a cover-up feeling in which the person avoids the underlying feeling such as pain, fear, sadness, or something else. Cover-up anger is treated by releasing the feeling the person is avoiding.

Anger can also be a method for establishing boundaries that another person is violating. Boundary-establishing anger is not treated but used, as appropriate, to establish the person's boundaries.

59. What is Intergenerational Joining?

Intergenerational Joining occurs when a person, usually a child, unconsciously mimics a behavior of a parent. In IJ the child unconsciously picks up some attribute of the parent that makes them feel that they are just like their parent. This provides a feeling of connection and bonding that they don't otherwise have.

IJ behaviors include, talking like the parent, behaving like the parent in terms of moods such as depression and anxiety, addictions such as alcohol or sex addictions, and overworking.

60. How is Intergenerational Joining treated?

IJ is just a Feeling-State. Identify and process the behavior and the

feeling of connection that the behavior appears to provide.

61. What is an indication that a person may have an Intergenerational Joining FS?

When the client says that he is doing a behavior that is just like a parent.

62. Why can a behavior have multiple Feeling-States?

FSs are fixated memories. When a person does a specific behavior, if the behavior occurs when the person is experiencing an intensely needed ASF, an FS can be created. There is no limit to the number of FSs that could be tied to a specific behavior.

63. How are Feeling-States like bright lights?

The most intense FS hides the other FSs. Often, you can't find any other FS until the most intense one is eliminated. And there is no need to since the other, lesser intense FSs will surface once the most intense FS has been eliminated.

64. Are Feeling-States psychological defenses?

No. Even though FSs are created because the need for an ASFs has a built-up intensity because of trauma and neglect, once created, the FSs exist separately from the trauma-caused memory. If the FS was only a psychological defense, then eliminating the trauma would also eliminate the FS. But it does not. The trauma and the FS must be processed separately. Therefore, the FS is not a psychological defense against the negative memories or feelings.

65. Can the positive feeling embedded in the FS be focused on another person? Such as "I love him."

No. All feelings in the FS are self-referential—meaning the feeling must always be about how the person feels about himself. Example: "When I am with him, I feel special."

66. Can you do ImTT and Feeling-State work when the person is using alcohol or drugs currently?

Depends. As long as the person can process the images and release feelings, the psychological dynamics can be changed. Heroin is likely an exception if the person is currently using.

67. How would you first help a person who is suffering from intense anxiety?

Release the EF of anxiety as soon as possible: "What color is the feeling of anxiety?"

68. What are the four causes of resistance to releasing pain?

1. Not wanting to let go of a love one.
2. Feeling guilty or shame about their behavior toward that person?
3. Feeling that releasing the pain of the abuse will mean that they have no connection to the abuser who they also want a connection with.
4. Releasing the pain means that the person will have to acknowledge that they lost, as in the Win/Lose Dynamic.

69. Does the concept of "winning" stay the same throughout the life span?

No. What constitutes winning changes. Competition looks like more like a sport competition in the younger years. Later, the concept of winning should broaden out to more of a win-win suchy as helping the community and society thrive.

70. What is the psychological dynamic that is usually activated when a person is bullied?

The Win/Lose Dynamic. A person who is bullied is a person who is losing status and losing the competition. The rage that the person feels is energized by pain. Release the pain and the rage will go away.

71. Why is the Win/Lose Dynamic so powerful?

The Win/Lose Dynamic is fundamentally about survival: Competition for mates and the necessities of life. The winner gets the best mate and the best chance for his children to grow up and pass on their genes.

72. What is the difference between fear and terror?

Terror is the terror of dying. A person can be fearful of pain. The terror is must more intense.

73. Why are cultural images important in therapy?

Cultural images are the images by which we judge ourselves. Example: What does it mean to be a man? Judging our lives against cultural images can create negative cognitions.

When successfully living out the cultural image, the image can also become too limiting, preventing a person from accomplishing what he really wants to do.

74. When treating a person for a pornography addiction, what is necessary in order to identify the FS?

Get the details of what is turning them on. There is no such thing as a general pornography addiction. The details matter.

75. How is a fetish created?

A fetish is created when the person forms an FS with an object. Often this develops early in life but in a non-sexual context such as with a parent.

76. Why is the concept of Traumatic Repetition Compulsion incorrect?

Nobody seeks pain. We are hardwired to avoid pain. So if someone is doing something that is obviously, in itself painful, there must be a positive feeling (an FS) linked with the painful behavior. What they seek is a positive feeling that has become linked with a person or

behavior that is also painful.

77. What are some possible ASFs that could be linked with the behavior of cutting?

Danger/excitement (feeling alive), special, feeling connected or belonging with a group of other who are also cutting.

78. When would you use the Euphoric Sensation Release Protocol?

When the person needs to release an EF of euphoria, usually caused by a drug. The Euphoric Protocol is done after the IFP is performed on the image.

79. Why is it desirable to do phase 3 and 4 of the FSIP in the same session?

The trauma underlying the FS often can be easily identified and processed if done in the same session. Waiting until the next session usually results in the trauma not being processed—because the person will usually be in a different state of mind.

80. Why are people usually reluctant to release an FS?

The ASF linked with the behavior is a feeling that the person intensely desires to experience. Because the feeling is identified with the behavior, to stop doing the behavior means that the person will not have the feeling that they really want to experience.

81. So how do you get a person to release the FS?

By identifying the specific feeling and if possible when the FS was created, the person can understand that he doesn't need to do the behavior in order to obtain that feeling. I often point out that their lives are being run by their younger self. "Don't you want to be free to live the way you want to now?"

82. Is there any such thing as a good Feeling-State?

No. Any FS is fixated. A fixated linkage between the feeling and behavior means that it does not respond to current circumstances. Even a seemingly healthy behavior can be destructive if done inappropriately.

83. What is the difference in processing rational and irrational guilt?

None.