

Figure 1: Depth Dimension Chart*

Hakomi Processes	Internal Family Systems Processes
Tracking Loving presence Contact statements Acknowledgments Ideas and indicators	
Experimentation Verbal offerings (probes) Indicators Tension sequence Taking over Other: follow intuition	
Regulate and Stabilize Contact statements Acknowledgments Comfort (touch, words) Silence	
Access Memory Spontaneous memory Memory encouraged Memory invited	Witness the Exile in Memory Client's Self enters memory Client creates indirect relationship with exile Client acknowledges exile's state Client witnesses exile's beliefs and burdens Retrieval of exile if/when necessary Embody and/or comfort
Work with the Exile in Memory Witness Use of silence Exile/child work Direct/indirect work Meaning: beliefs, strategies What was missing	Unburden Go to safe place Choose what to give the burden to: earth, air, water, fire, or other Identify and release burdens Take in something good
Missing Experience Identify missing experience Provide missing experience Orchestrate with assistants	Reconsolidation Assemble extreme protectors Have protectors witness healing Revise protector roles Reembody exile part
Integration Relate to present circumstances Try new behavior Embody an experience Enact with play	

*Created by Seattle Hakomi Education Network.