

Session Log Example for LSRF Certification

FACILITATOR: _____

DATE	CLIENT CODE	ACTUAL SESSION TIME	TECHNIQUE(S) USED ITEMS & FLOWS ADDRESSED	RESULTS
MAY 18, 2017	BB	1:30	Exploration - rel. with Mother; Life Stress List (LSL) with Mother	EP, relieved; several realizations
MAY 20	JR	2:45	Wrong Indication Handling in general - six F1 WIs F2 WI's 4 done	All F1 WIs to EP, laughing Each to an EP, realizations
MAY 20	EC	1:40	Disturbance Handling on the flows with boss What can you really do at work?	Each to EP, more cheerful EP. insight
May 23	BB	1:35	Long Term Trauma Handling on when I lived with Grandmother Communication with Body	EP, resolution of LTT EP, Laughing, connected
JUNE 6	EC	1:50	Future TIR (FTIR) career path Self Respect	EP, optimistic EP, happy
June 8	JR	2:20	Handle recent disturbances Continue general WIs with F3 - 5 Reflexive flow WIs -10 handled	All flat and viewer ready to go on Each to an EP Each to an EP, major shift in self-confidence
JUNE 8	ST	1:15	Unfinished Business with Brother PTIR (pleasant) on good times with Brother	EP, relieved EP, "I forgot the good times"

JUNE 14	BB	2:45	Expiration on relationship with spouse Done/Withheld/Solution with spouse F1 F2	Flat point - "good overview" EP, smiling Flat point, tired
JUNE 16	BB	1:50	Resumed Done/Withheld/Solution with spouse F3 A and F3 B Reflexive Flow	Each to an EP Major insight on the relationship
July 14	ST	1:50	Similarities and Differences - self & best friend Criticism Acceptance with Best Friend	EP, surprised EP, "feel more affectionate" EP, smiling

EP = end point / FP = flat point / PI's = positive indicators / VPI's = very positive / PTIR = TIR on pleasant experience

LSL = Life Stress List / WI's = Wrong Indication Handling / FTIR = Future TIR

F1 = Flow 1, inflow / F2 = Flow 2, outflow / F3 = Flow 3, crossflow / F4 = Flow 4, reflexive flow