HCO BULLETIN OF DECEMBER 28, 1958
ISSUED AT WASHINGTON

General Dist.
For use in any official magazine
For use in any HGC

SHORT SESSIONING

One of the simplest ways to get a case moving is a technique known as "Short Sessioning" which I developed for the 20th ACC.

The 20th was the last ACC to teach clearing without engram running and as such had several lagging cases. I studied one of these carefully against the basic auditing rule, "Find something the pc can do and then improve his ability to do it."

The case under study defied all known processes. It was "unreality, unreality, unreality", and "ARC Break, ARC Break."

ARC Straight Wire old style was also unreal. Imagine that!

However, even when all else was lost, I still had the idea that this pc could be run on something and finally had a long blue spark - the pc would start and end sessions.

Probably this was the sole ability, Scientology-wise, of this pc. So I made the auditor start and end ten-minute sessions. And it worked. It worked even though the auditor never really cognited on the value of it! I had to heavy-8c the auditor a bit to keep the auditor from "running something". Short-sessioning was evidently not something to do. Only a process was something.

Anyway, everybody won. The pc got brighter, the auditor got a win and we got a new technique. That's the way with Scientology, everybody wins - even the people who claim I'm too enthusiastic for their point five.

The exact way to do "short sessioning" is as follows.

One uses old rudiments if he isn't comfortable with CCH-O. Or he uses CCH-O as given in ACC Clear Procedure*. (Note* - available from the HASI London or Dist. Center D.C.). It doesn't matter much which since he is depending on starting and ending sessions rather than "running something". Therefore, the auditor should use that with which he is the most comfortable.

The auditor gets the pc's agreement to start a very short session and says, "Start".

Then he clears up some small thing like an ARC Break in the session or a pt problem without really getting into anything hot. (Finds auditor and pc).

The auditor then does something objective with the auditing room such as "How does this room differ from an ideal environment?".

Probably by this time the ten minutes are up, so the auditor tapers it off and bridges to session end. "Is it all right with you if we end this session shortly?" "Is there anything you'd like to say before we do?" "All right. End of session."

The auditor makes the pc get up and take a break for a few minutes. Then he gets the pc back and does it all over again more or less as above.

The idea is not to try to get benefit from a process but to get the pc less and less nervous about doing something. The pc will begin and end sessions. Anything between is pure gravy if it works but the in-between may not work at all. It does not matter. Starting and ending sessions is what is wanted for the pc. .

Short-sessioning works for many reasons. It injects time into the picture, for one thing. It breaks up habits on the cycle of action. It gets the pc used to the auditor. You could think of many more reasons but basically whatever the reasons, it works.

Try it on that case that ARC Breaks on you all the time. Try it on the pc that has it all unreal-unreal-unreal. You'll be amazed at that short-sessioning, smoothly run and without crude auditor flubs, can do for almost any case, not just bad ones.

Several difficult cases have improved markedly with this alone. Simple, isn't it? Well, most good things are.

                                               L. RON HUBBARD

LRH:MP

To all staff.