

# THEMATIC MAP & RELEASE © TMR

## ABSTRACT

Thematic Map & Release developed by Dr. Anna B. Baranowsky, Ph.D., C.Psych

Helping clients get “unstuck” from negative beliefs. Even after resolving traumatic memories individuals can suffer from limiting beliefs that can keep them stuck for a lifetime. Using the powerful TMR approach you can identify and work through negative thoughts and cognitions.

**Program Developer, Dr. Anna B Baranowsky, PH.D., C.Psych., CEO**

## THEMATIC MAP & RELEASE ©

Helping your clients “get unstuck” from negative beliefs after Trauma



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# Thematic Map & Release (CR – RE – R)

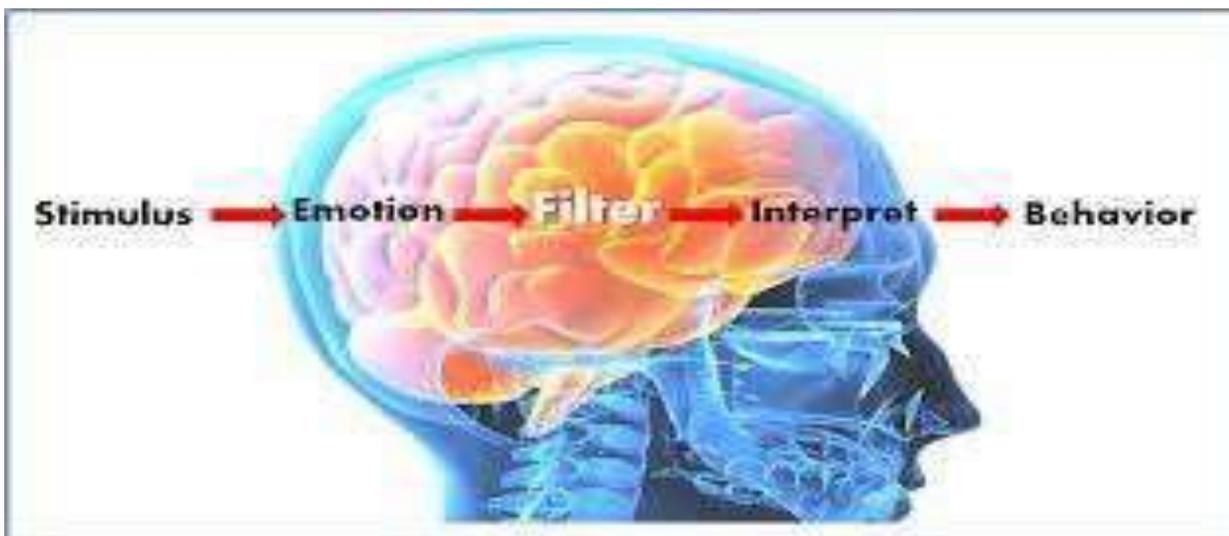
Developed by Dr. Anna Baranowsky for the Traumatology Institute

<p><b>Time required:</b> 40-90 minutes.</p> <p><b>Materials required:</b> Scripts &amp; TMR Templates.</p> <p><b>Indications for use:</b> Use when the primary need is to enhance cognitive and emotional coping skills in the Working through Trauma stage of trauma recovery.</p> <p><b>Counter indications:</b> Inability to actively self-soothe.</p>	<p>We gain access to trauma stories that our clients share by asking the right questions and establishing a sense of therapeutic alliance or trust so that the individual feels able to share in session. However, at times we cannot seem to get access to the root of the distress, even when we have worked on the trauma memories or multiple previously unresolved critical incidents. Pulling back the layers we often find that, as a result of life experiences, we develop belief systems or themes that we carry along with us that are very hard to shake. The DSM-V diagnostic criterion for PTSD – negative alterations of cognition and mood – capture this well and reinforce need to address how beliefs are shaped and embedded after trauma. The Thematic Map &amp; Release exercise was developed to better access how trauma shapes negative and rigid beliefs.</p> <p>we are unable to learn to become a compassionate observer of this content we may forever remain disturbed by beliefs that no longer serve us in life.</p> <p>In this section, you will find a scripted approach to access the theme as well as to guide the client through a step-by-step approach for learning to sit with and work through belief systems borne out of a trauma history. Rather than addressing any single trauma, the focus here is to identify the conclusions or themes that we carry with us. A theme may be many things (i.e., Nobody loves me; I am a bad person; I am always in danger, etc.)</p>
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## Delivery of Approach

TMR is designed to help clients get “unstuck” from negative beliefs. Even after resolving traumatic memories individuals can suffer from limiting beliefs that can keep them stuck for a lifetime. Using the powerful TMR approach you can identify and work through negative thoughts and cognitions.

When working with a client you will need to use the Thematic Map & Release Script & Template. This is a more complex intervention and requires time to explain to the client and gain approvals prior to beginning. You will also need to demonstrate some of the activities prior to beginning to familiarize the individual with the steps. In addition, providing some understanding of the mechanisms behind the intervention may aid in client buy-in.



## **PREPARATION SCRIPT – THEMATIC MAP & RELEASE**

- In this exercise we will focus on emotional driven thematic result of traumatic or difficult life events rather than a specific trauma
- The best way to identify what to focus on is to reflect on either the thematic results of a trigger list that we have worked on or a core belief or a negative conclusion that troubles you (i.e., I am never safe, etc.)
- I will walk you through each step of this exercise and you will not need to remember the sequence.
- You might have noticed that when you think about something you might look up or down to right or left. You might notice other people doing this as well. For the purposes of this exercise we will assume that in doing so we are accessing or gathering some type of information (i.e., past memory, anticipated fear, anxious feelings, hopes, thoughts). We will call those attempts to access information by looking in various directions as “focus points”. For more information, see section on Research based Assumptions about Eye Movements.
- In this approach we will deliberately try to access different types of information by engaging your focus on various points – being open and willing to allow whatever surfaces without judgment or suppression when pointing our gaze on that focus point.
- You will be instructed to gaze at a number of different focus points in a pre- established pattern (show template with focus points to explain).
- During the gazing strategy your job is to just let anything associated with the theme we identify as your starting point ... then let your mind become aware of associated emotions, thoughts and body sensations associated with that focus point. You will hold the focus point for 30-60 seconds and then close your eyes.
- The next step is to let emotions, thoughts and body sensations surface with your eyes closed and when asked, express what you are aware of when holding that focus point.
- Finally, we will work on the release portion of the exercise ... before moving onto the next focus point in the sequence
- The release portion of this exercise will require you to use your mind to open up your imagination
- I will explain how the imagination release exercise works before we start – if you would like to proceed, please let me know and you can choose your preferred imagery focus (either sand or light). [See detailed description below].
- You can choose the type of imagery to use throughout the exercise. [There are two examples below, but I have also used “breeze” “leaves”, etc.]
- Would you like to proceed, or do you have any other questions? If yes, proceed or respond to questions as needed before proceeding or selecting a different approach, if the client does not consent.
- Is it ok to try out the imagery portion of this exercise? If yes, begin with preferred imagery below.

## Sand imagery

**Sand imagery:** you may have been to a place where there is a sandy beach or can imagine the feeling of warm sand in your hands even if you have not been to a beach on a warm day ... can you try that now? It is easier to picture this if you have your eyes closed/or your eyes can be focused downward and gently unfocused, if you prefer ... is that ok? (if yes, begin).

**Sand imagery:** Continue focusing inside and use your mind to open up your imagination ... start by holding your hands open resting lightly on your lap ... picture that you have a hand full of warm sand. The sand is warming the center of the palms of your hands. The sensation of warmth and heaviness is deeply soothing on your hands ... it moves through to your finger tips and upward toward your arms and shoulders. It feels soothing and warming. Picture that the sand is slowly spilling between your fingers down and away from you.

**Sand imagery:** now imagine that you are an empty vessel ... again, focus inwardly and let your imagination help you with this. Picture that warm soothing sand is filling up slowly from the top of your head, front of your face, back of head, down your neck, into your shoulders, back, chest, arms hands and through to your finger-tips ... where the sand spills out down and away from you ... the warm sand continues to fill in from the top of your head, into the core of your body, down to your lower back, stomach, legs, thighs, knees, shins, calves, feet, through to the tips of your toes and finger tips where the sand spills out down and away from you.

## Light imagery

**Light imagery:** with your eyes closed or your eyes softly looking down (if you prefer) use your mind to open up your imagination ... start by holding your hands open ... resting lightly on your lap. Imagine you are holding a large ball made out of light in the center of the palms of your hands. The ball is comfortably warm and heavy. Feel the weight and the warmth in the center of the palms of your hands. Sense the feelings of warmth and heaviness move into your hands, up your arms and into your shoulders. Feel this as a soothing sensation. Then imagine the light spills between your slightly parted fingers, down and away ... releasing.

**Light imagery:** now imagine that you are an empty vessel ... again, let your imagination help you with this. Picture that light is slowly moving in from the top of your head, front of your face, back of head, down your neck, into your shoulders, the back, chest, arms hands and through to your finger-tips ... where the light spills out down and away from you ... the light continues to fill in from the top of your head, into the core of your body, down to your lower back, stomach, legs, thighs, knees, shins, calves, feet, through to the tips of your toes and finger tips where the light spills out down and away from you.

- That's the starting point for the release exercise. I just want you to be able to work with this imagery as best as you can. You get better with it as we go along.
- I will also be asking you to use the release imagery to help you let go of emotions, thoughts and body sensations associated with each focus point during this exercise as well.
- Remember, you will not need to recall any of the steps. I will guide you through the exercise each step of the way. Do you have any questions before we begin? Are you ok to begin this exercise? You can stop at any time if you need a break, have any questions or just need to stop for any reason.
- If in an office setting with a client - We will sit in a ships passing in the night arrangement – same as EMDR (2 chairs side by side – with forward chair legs at same parallel). Or if on secure video session, on screen direction will be provided.
- [Clinician will use a pen or pointer to point out the focus point and hold it for the client.]

## **In Review**

### **In TM&R – we become very deliberate focus points to search for internal content:**

- Thoughts
- Emotions
- Body Sensations
- GOAL - To access content that goes along with the themes/beliefs a person struggles with

### **Thematic Map & Release (CR-RE-R) primary steps for Clinicians to follow:**

- Please be aware that TMR often takes a full 40-90 minutes and should be started at the beginning of the session.
  - It is often useful to set this up by capturing the theme and explaining the approach in the previous meeting.
  - Permission must always be requested prior to beginning.
  - A full explanation must be provided before beginning the exercise – so clients are fully informed.
1. Identify the Theme or Negative Core belief – something that has been a negative driving force in life (i.e., I am unlovable)
  2. Rate the Theme or Belief
  3. Explain TM&R and get permission to use
  4. Watch the full/short Thematic Map & Release video
  5. In order to assist you in developing this skill, we have included demonstration videos for you to review.
    - o Long Session Demo Video: [youtu.be/A9Lwly0hS2A](https://youtu.be/A9Lwly0hS2A)
    - o Short Session Demo Video: [youtu.be/GOafcmHQIZI](https://youtu.be/GOafcmHQIZI)

## **Exercise script - thematic map & release**

- Remember, you will not need to recall any of the steps. I will guide you through the exercise each step of the way. Do you have any questions before we begin? Are you OK to begin this exercise? You can stop at any time if you need a break, have any questions or just need to stop for any reason. Just let me know.
- If you receive approval begin ...
- Start with identifying the starting point ... the Theme and SUDS level
- This is generally a thematic issue or negative conclusion or belief. This may be reinforced by many events from the past (i.e., life never works out for me, no one likes me, I will always be alone, etc.)
- Focusing on a theme vs. an event allows you to process through numerous events that might be related to a thematic belief system.
- Rate the theme on a Subjective Units of Distress scale ... SUDS (1=neutral feeling – feels fine; 5=sad/bad but can handle it; 10=worst feelings of distress/upset).
- Now that you have identified the theme and rated it, let's begin with that and start with the focus point #1 (top right) ... hold that focus point, hold that focus point and as you do allow whatever emotions, thoughts and body sensations associated with that focus point to surface ... Try to be curious and interested rather than judgmental of what is arising. Just bear witness ... being a compassionate observer of whatever surfaces and noticing without suppressing.
- Let emotions, thoughts and body sensations to surface – just noticing.
- Now close your eyes ... and help me to understand what emotions, thoughts and body sensations are associated with that focus point ... whatever you notice is fine ... is helpful information for this exercise.
- What emotions were you aware of ... [clinician write out on template]

- What thoughts were you aware of ... [clinician write out on template]
- What body sensations were you aware of ... [clinician write out on template]
- [Once you have gathered content from emotions/thoughts/body sensations ... move on.]
- Keeping your eyes closed ... we will begin the imagery part of this exercise. Bring your attention to your hands ... rest your hands open on your lap and use your mind to harness your imagination.
- Picture that you have a hand full of warm sand/large ball of light. The sand/light is warming the center of the palms of your hands. The sensation is soothing deeply into the hands ... through to your finger tips and upward toward your arms and shoulders. Soothing and warming. Picture that the sand/light is dissolving and slowly spilling between your fingers down and away from you.
- Now use that imagery to help you with the next part of this exercise to assist you in releasing.
- Now imagine that you are an empty vessel, like an hour glass ... again, let your imagination help you with this. Picture that warm soothing sand/light is filling in slowly from the top of your head ... front of your face, back of head, down your neck, into your shoulders, the back, chest, arms hands and through to your finger-tips ...
- Where the sand/light spills out down and away from you ... the warm sand/light continues to fill into the core of your body, down to your lower back, stomach, legs, thighs, knees, shins, calves, feet, through to the tips of your toes and finger tips where the sand/light spills out down and away from you ...
- Begin to picture that the emotions, thoughts and body sensations associated with that focus point begin to attach to the grains of sand/light ... the sand/light continues to fill in slowly from the top of your head .... And as it does it moves through the body and the sand/light continues to attach to the emotions, thoughts and body sensations attaching and allowing them to flow down through to your finger tips and toes down and away from you, releasing, letting go of whatever no longer serves you ... release whatever you no longer need.
  - Just release as best as you can in this moment, even one tiny drop.
- Finally, bring your awareness back into the room and just notice how you feel right now [clinician write out on template].
- Continue through each of the focus points. Always start by referencing the starting Theme, as described by the client. Go through each of the 6 focus points (using the same script above).
- At Focus Point 7 [Use the final script below].
- Look straight ahead with a soft and unfocused gaz. Reflect on the Theme that we started with “\_\_\_\_\_”. How would you rate the SUDs now? Capture this on the TMR Template.
- Still with a soft gaze, ask yourself, what you learned from this exercise? And also, what can you take home with you from this exercise – what would you like to capture and use going forward?
- Finally, just notice how you feel right now and compare it to how you felt when you started this exercise [clinician write out on template]
- Capture the suds rating for the theme one final time.

## **This exercise is complete now**

- Many individuals feel a sense of relief.
- If that is not the case use a stabilization exercise to reinforce safety and relaxation before the client leaves the session. See Phase I exercises to select an approach to assist the individual with stabilization.

## **Research based assumptions about eye movements**

- *The ability to search for information stored in long-term memory may have developed from already-existing neural systems that enable the search for information in the visual environment (Ehrlichman & Micic, 2012).*
- Your eyes move when you try to gather all the words, equations and pictures that make up a coherent picture of an idea/thought.
- Psychologists have found that gaze shifts occur to free up cognitive resources – particularly when deeper thinking is required.
- Bergstrom and Hiscock (1988) found that your eyes more move for things in [long-term memory](#) rather than working memory.
- Eye movements facilitate thinking, memory and other cognitive functions (Ehrlichman & Micic, 2021; Bergstron & Hiscock, 1988).

**Thematic Map & Release TEMPLATE**

Theme \_\_\_\_\_ SUDS (begin) = \_\_\_\_\_



**Focus Point 4**  
Emotions:  
  
Thoughts:  
  
Body Sensations  
  
Sand/Light:  
Hands:  
Body:



**Focus Point 1**  
Emotions:  
  
Thoughts:  
  
Body Sensations  
  
Sand/Light:  
Hands:  
Body:



**Focus Point 6**  
Emotions:  
  
Thoughts:  
  
Body Sensations  
  
Sand/Light:  
Hands:  
Body:

**Focus Point 7**  
Soft Focus



**SUDS (final) = \_\_\_\_\_**

1. What did you learn?
2. What will you take away today?



**Focus Point 5**  
Emotions:  
  
Thoughts:  
  
Body Sensations  
  
Sand/Light:  
Hands:  
Body:



**Focus Point 3**  
Emotions:  
  
Thoughts:  
  
Body Sensations  
  
Sand/Light:  
Hands:  
Body:



**Focus Point 2**  
Emotions:  
  
Thoughts:  
  
Body Sensations  
  
Sand/Light:  
Hands:  
Body:

## Research links supporting Thematic Map & Release

Shifting gaze during difficult cognitive activities is a very common phenomenon in our daily life, whereas its underlying neuropsychological mechanisms remain controversial. Preceding studies on adults have indicated that by shifting the gaze people disengage from environmental stimulation in order to concentrate on cognitive tasks.

Further studies on children have suggested that approaching this eye movement phenomenon from the developmental viewpoint opens a window on its mechanisms. Here, we used an eye-tracking system to examine eye movements in adults and children while they were performing cognitive tasks, and also employed near-infrared spectroscopy to examine the neural basis of the gaze shift.

Adults moved their eyes toward individual specific directions regardless of the task type. In contrast, younger children looked around more extensively with no directionality. Transition to adult-like patterns of eye movements was observed at 10 years of age, which corresponded to the time period of achieving adult levels of performance on a standard measure of executive functions.

The eye movements were accompanied by activation of the premotor cortex and/or the lateral prefrontal cortex. These data suggest that the eye movements represent a more positive function than mere disengagement from the environment; probably access to cognitive space. It is also implicated that 10 years of age is a crucial period for cognitive development.

### Research links:

Why do we move our eyes while trying to remember? The relationship between non-visual gaze patterns and memory <http://www.sciencedirect.com/science/article/pii/S0278262610001077>

March 2013, Volume 37, Issue 1, pp 33-38 For which side the bell tolls: The laterality of approach-avoidance associative networks Adam K. Fetterman, Scott Ode, Michael D. Robinson  
<http://link.springer.com/article/10.1007/s11031-012-9306-5>

Eyes as windows to the soul: Gazing behavior is related to personality. April 2012 John F. Rauthmann, Christian T. Seubert, Pierre Sachse, Marco R. Furtner, Leopold-Franzens University of Innsbruck, Austria  
<http://www.sciencedirect.com/science/article/pii/S0092656611001711>

Why Do People Move Their Eyes When They Think? 2012. [Howard Ehrlichman](#) and [Dragana Micic](#); Author Affiliations: Queens College, City University of New York

Lateral eye movements and hemispheric asymmetry: A critical review. Ehrlichman, Howard; Weinberger, Arthur Psychological Bulletin, Vol 85(5), Sep 1978, 1080-1101. <http://psycnet.apa.org/psycinfo/1979-25195-001>

Defense mechanisms, psychosomatic symptomatology, and conjugate lateral eye movements. Gur, Raquel E.; Gur, Ruben C. Journal of Consulting and Clinical Psychology, Vol 43(3), Jun 1975, 416-420. <http://psycnet.apa.org/journals/ccp/43/3/416/>

The effect of experimenter location and subject anxiety on cerebral activation as measured by lateral eye movements. [Melvin R. Berg\\*](#), [Lauren Julius Harris](#). Department of Psychology, Michigan State University, East Lansing, Michigan 48824, U.S.A.  
<http://www.sciencedirect.com/science/article/pii/0028393280900883>

Eye-movements reduce the vividness, emotional valence and electrodermal arousal associated with negative autobiographical memories. Alastair L Barrowcliff PhD, Nicola S Gray MSc, PhD, Tom CA Freeman PhD & Malcolm J MacCulloch MD  
Journal: Journal of Forensic Psychiatry & Psychology Volume 15, Issue 2, June 2004, pages 325-345  
<http://www.tandfonline.com/doi/full/10.1080/14789940410001673042#.UhdG9G3QzBI>

Involuntary Eye Movement during Fixation Depends on Spatio-Temporal Frequency of Stimuli. [http://link.springer.com/chapter/10.1007%2F978-3-642-23508-5\\_306](http://link.springer.com/chapter/10.1007%2F978-3-642-23508-5_306)

Gaze Cueing Effect in a Face-to-Face Situation. <http://link.springer.com/article/10.1007%2Fs10919-012-0133-x>

Link for many articles: search under "gaze direction"  
<http://www.tandfonline.com/action/doSearch?stemming=yes&searchText=gaze+direction>

September Journal of Hypnotism. NLP Eye Accessing Cues: Uncovering the Myth. An actual research! <http://www.kevinhogan.com/NLPeyeaccess.htm>

Eye Movement Integration Therapy  
<http://www.nlpc.com/library/therapy/eye-movement-integration-therapy/#axzz2ckyBcMdm>

Wikipedia on eye movement article including neuro anatomy.

[http://en.wikipedia.org/wiki/Eye\\_movement\\_%28sensory%29#Neuroanatomy](http://en.wikipedia.org/wiki/Eye_movement_%28sensory%29#Neuroanatomy)

Primates and many other vertebrates use three types of voluntary eye movement to track objects of interest: [smooth pursuit](#), vergence shifts <sup>[1]</sup> and [saccades](#).<sup>[2]</sup> These movements appear to be initiated by a small cortical region in the brain's [frontal lobe](#).<sup>[3][4]</sup> This is corroborated by removal of the frontal lobe. In this case, the reflexes (such as reflex shifting the eyes to a moving light) are intact, though the voluntary control is obliterated.<sup>[5]</sup>

[Joint Attention: New Developments in Psychology, Philosophy of Mind, and Social Neuroscience](#) by Axel Seemann (Jan 20 2012)

Part of the book on google books:

[http://books.google.ca/books?id=tX0PB4OSpPQC&lpg=PA205&ots=3IRnJJcdI&dq=manipulative+eye-movement&lr=&pg=PA207&redir\\_esc=y#v=onepage&q&f=false](http://books.google.ca/books?id=tX0PB4OSpPQC&lpg=PA205&ots=3IRnJJcdI&dq=manipulative+eye-movement&lr=&pg=PA207&redir_esc=y#v=onepage&q&f=false)

Direct recordings in human cortex reveal the dynamics of gamma-band [50–150 Hz] activity during pursuit eye movement control.

Bergstrom, K. J., & Hiscock, M. (1988). Factors influencing ocular motility during the performance of cognitive tasks. *Canadian Journal of Psychology*, 42, 1–23.

Ehrlichman, H., & Micic, D. (2012). Why Do People Move Their Eyes When They Think? *Current Directions in Psychological Science*, 21(2), 96-100. [doi:10.1177/0963721412436810](https://doi.org/10.1177/0963721412436810)

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<http://www.sciencedirect.com/science/article/pii/S1053811912007215>

Acquisition of Neural Learning in Cerebellum and Cerebral Cortex for Smooth Pursuit Eye Movements. Jennifer X. Li, Javier F. Medina, Loren M. Frank, and Stephen G. Lisberger  
<http://www.jneurosci.org/content/31/36/12716.short>

Experimental Brain Research. October 2011, Volume 214, Issue 2, pp 293-301, Neuronal activity in medial superior temporal area (MST) during memory-based smooth pursuit eye movements in monkeys. Sergei Kurkin, Teppei Akao, Natsuko Shichinohe, Junko Fukushima, Kikuro Fukushima  
<http://link.springer.com/article/10.1007/s00221-011-2825-6>

Front Syst Neurosci. 2013; 7: 4. Published online 2013 March 19. Prepublished online 2013 February 21. Cognitive processes involved in smooth pursuit eye movements: behavioral evidence, neural substrate and clinical correlation. Kikuro Fukushima, Junko Fukushima, Tateshi Warabi, and Graham R. Barnes  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3601599/>

November 2011, Vol. 23, No. 11, Pages 3294-3303. 2011 Massachusetts Institute of Technology  
The Neural Correlates of Inhibiting Pursuit to Smoothly Moving Targets. Melanie Rose Burke and Graham R. Barnes  
[http://www.mitpressjournals.org/doi/abs/10.1162/jocn\\_a\\_00025?journalCode=jocn](http://www.mitpressjournals.org/doi/abs/10.1162/jocn_a_00025?journalCode=jocn)

Coupling between spontaneous (resting state) fMRI fluctuations and human oculo-motor activity. Michal Ramota, Meytal Wilfb, Hagar Goldberg, Tali Weissb, Leon Y. Deouella, Rafael Malach,  
<http://www.sciencedirect.com/science/article/pii/S1053811911006239>

Memory and Decision Making in the Frontal Cortex during Visual Motion Processing for Smooth Pursuit Eye Movements. Natsuko Shichinohe, Teppei Akao, Sergei Kurkin, Junko Fukushima, Chris R.S. Kaneko, Kikuro Fukushima, <http://www.sciencedirect.com/science/article/pii/S0896627309003614>

Frontal eye field. Ryan Fox Squire et al. (2012), Scholarpedia, 7(10):5341. doi:10.4249/scholarpedia.5341 revision #129338 [link to/cite this article]. Ryan Fox Squire, Department of Neurobiology Stanford University, Stanford, CA, USA Nicholas A Steinmetz, Stanford University, Stanford, CA, USA

Tirin Moore, Neurobiology, Stanford University, Stanford, CA, stanford, CA, United States  
[http://www.scholarpedia.org/article/Frontal\\_eye\\_field](http://www.scholarpedia.org/article/Frontal_eye_field)

High-Field fMRI Reveals Brain Activation Patterns Underlying Saccade Execution in the Human Superior Colliculus. Ruth M. Krebs mail, Marty G. Woldorff, Claus Tempelmann, Nils Bodammer, Toemme Noesselt, Carsten N. Boehler, Henning Scheich, Jens-Max Hopf, Emrah Duzel, Hans-Jochen Heinze, Mircea A. Schoenfeld, <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0008691>

A central role for the lateral prefrontal cortex in goal-directed and stimulus-driven attention. Christopher L Asplund, J Jay Todd, Andy P Snyder & René Marois. Nature Neuroscience 13, 507–512 (2010).  
<http://www.nature.com/neuro/journal/v13/n4/abs/nn.2509.html>

Why Do the Eyes Move during Cognitive Activity? (2010). Hoshi, Yoko Chen, Shing-Jen  
<http://eprints.lib.hokudai.ac.jp/dspace/handle/2115/42964>