

BASIC SKILLS:

SLOW DOWN!	(Ask the client to slow down)
AFFIRM:	Affirm, delight, celebrate (what's already there and as new experience arises)
PERMISSION	Ask permission
SMALL BITES:	Contract for time limit; contract to set aside defenses as identified in moment
NOW; HERE	Encourage present-moment focus, not "history"
GET SPECIFIC:	Encourage/elicit patient specificity
BODY:	Focus awareness on body-based, felt sense
TRACK:	Moment to moment track; make short statements as you notice what you see/hear
STOP AND DROP:	Notice specific moment, enter ("notice and seize," "stop and drop")
INTERNAL FOCUS:	Orient patient to internal emotional experience
"WE" LANGUAGE	Use "we" language to build attachment
SELF-DISCLOSE	Self-disclose your own emotional/ somatic experience of your client's words, affect, experience, & Judicious information about yourself to build safety; metaprocess client reaction

STATE TWO:

SLOW DOWN!	Make room for the entire wave to move through
PERSIST:	Persist in spite of reluctance: "stay with it and stay with me"
EXPLORE NOT EXPLAIN:	Explore and expand; not explain!
SELF DISCLOSE:	Self-disclose to facilitate experiences of relational transformation

STATE THREE:

EXPLORE

SUPPORT

METAPROCESS! (metaprocess small and large shifts in client's experience, during session)

-Metaprocess the impact of the entire session:

*client's experience of SELF as result of session,

*client's experience of doing the session with YOU

Explore and deepen client's somatic experience of the "new." Anchor new experience somatically, emotionally...

STATE FOUR:

BE WITH your client; Don't interfere with their experience (quiet, non-verbal encouragement)

