



# Working with the body (and emotions) in SFBT

SFBT World conference

Solutions III

The Hague 2018

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# Working with the body (and emotions) in SFBT.

## Goals of the workshop:

1. **Why** working with the body?
2. More physical **awareness** towards yourself
3. **When** and **How** use awareness towards yourself?
4. (When and how....towards clients?)

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## I. Why?

“It’s more than just a bunch of talk”!

G. Shennan (EBTA, 2016)

“A state of relaxation makes people more open to their own resources and new information”

(M. Erickson, 1977)

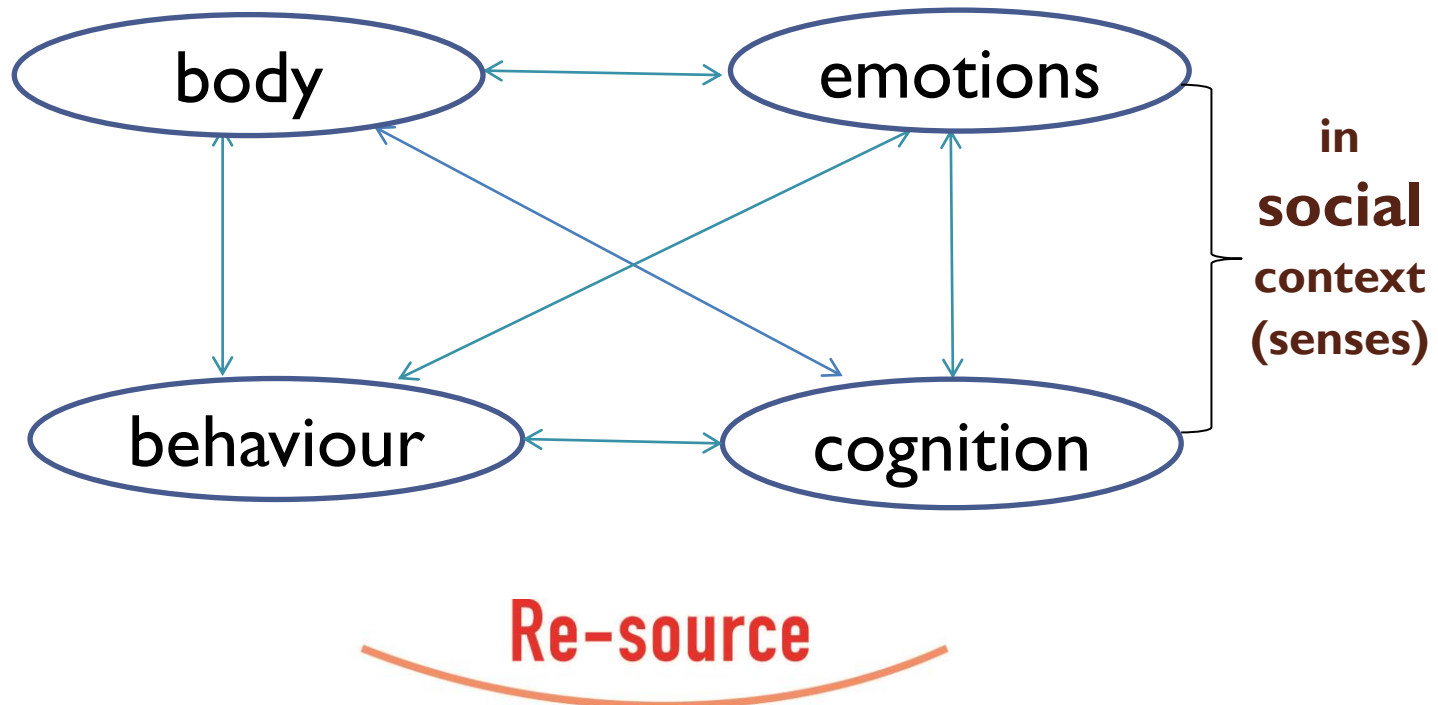
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Paradigme:

Body-mind integration/embodyed cognition/embodyment:





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So:

physical/emotional information (y/o)

&

possibilities for interventions

are always present.

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## Psychomotor therapy (PMT):

- European, since 60 years
- Body oriented (experiencing/observing)
- Movement oriented (behaviour/doing)
- Emotions located in the body.

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## 2. **Awareness** of **your** own physical en emotional responses

exercise:

1. Paying attention..... ..here and now.....: what do you notice.....?
2. “attention balance”

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## 3. When

paying attention to your own physical responses?

Very often!

how can you train your attention balance?

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exercise:

“Experiencing contact and setting your limit”



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exercise:

Work with two neighbours (1 observer) in a 'case' : client (with relationship problems?) wants advice :

- a. = be aware of your body/mood first
- b. = client only wants advice (10 x)
- c. = th/coach asking SF questions (10 x)
- d. = then: what do you experience/see physical and emotional after this sequence ? Exchange shortly.

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4. **How** to use your physical responses in SF talks?
  1. Asap pay attention to the client, the next question ... (Iveson)
  2. “Dual track thinking” (Lipchik)
  3. Take a note (for later) (Bühlmann)
  4. Wait, Let silence do the work....
  5. ....and what do you do.....?

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Exchange:

1. On a scale from 0-10:

How good are you in being aware of your own phys.,  
emot. or cogn. responses?

2. What are your resources in being able to act in an SF  
way after noticing your responses?

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exercise:

Work again + observer in a 'case' : client wants advice :

- a. = be aware of your body/mood first (att.bal.)
- b. = client tells problem and only wants advice (10 x)
- c. = th/coach asking SF questions (... x?)
- d. = take break when you notice discomfort: what is useful now?
- e. = Continue by ....
- f. = exchange: what difference did this make? What else?

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What was useful so far in this workshop?

Next step?

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**3./4.** When and how to work with **clients'**  
physical and emotional responses:

experiencing and/or practicing?

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Case:

“The foolish athlete”

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**When** to ask for clients' physical/emotional responses during SF conversation?

- When the clients mention themselves.....,
- When examining preferred future (What instead? What difference ....?, What would ... notice?... How can you tell...?)
- When examining “after the miracle” ...
- When examining exceptions and resources
- When examining/setting goals,
- When examining the 1<sup>e</sup> small step

**How?:** co-constructing, not as an expert

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## **When** to propose an exercise/experiment?

- In complainant- of customer-typical relationship: asking, exploring, suggesting
- Goal: conscious *experience* or *practice*: resources and exceptions, the preferred future, (new) behaviour (discovering, enhancing, amplifying).
- Using SF conversation during the exercise :“what is useful, how is this useful...?”.

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What to do after an exercise/experiment?

examine and formulate homework experiments  
(transfer): what was useful, what do you want/can  
continue to use?

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3<sup>e</sup> exercise:

Case:

a client experiences often a lot of stress when  
engaging: partner/boss/strangers (make a choice).  
He/she wants to experience more relaxation  
or feeling of comfort.

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## 3<sup>e</sup> Exercise:

Asking details about the body,  
in the walking scale.

- Divide roles and set up a walking scale:
- See leaflet for further instructions

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- What did you find out?
- How useful was the exercise?

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## Summary:

Help clients to physically/emotionally  
**experience**/observe or **practice**/doing:

- in complainant-, customertypical relationship,
- what works,
- exceptions and resources (how, when, who)
- the preferred future,
- after the miracle,
- the number ... on the scale,
- the first small step.
- homework experiments.

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Questions, reactions?

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What was useful?

How can you make it a habit to be aware of  
your own responses?

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Thank you!

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