

Notes

Think of a client/patient you work with. Someone you may have a strong reaction to. Maybe you feel a desire to lean into this person or maybe a desire to pull away from them. Picture them in your mind. Maybe a recent or typical visit, see them in that setting with you. What do you notice? What are their behaviors, symptoms, mannerisms? What is it that you react to? Jot down your thoughts.

Reflecting on Core Beliefs: Come back to the image of your client. What might some of their core beliefs be? Where might they have come from? Jot down your ideas

Reflecting on Adaptations: Come back to your client. What might some of their adaptations be? How might these adaptations help them survive in another context? Jot down your ideas.

Reflecting on Disconfirming: Come back to your client. See yourself back in the space with your client and their adaptation. Reground, check your posture and breathing, center yourself. How might you try respond next time? See yourself trying the new thing. Jot down your ideas.

Take a moment to set an intention for how you'd like to carry you learned today out of this room and into your life. Make note of any steps you might take now or later to help you follow that through.
