

## Making a sculpture - supervision in motion

Learning objectives:

- Listening with your eyes
- Recognize inner emotions while observing

Set up:

- Set aside at least 40min for this exercise
- Bring a troublesome patient of yours to your mind
- Find a partner to do the exercise with
- Find a space on the floor for you and your partner
- Be mindful about yourself and your partner

1. Therapist: Make a sculpture of your troublesome patient  
Supervisor/Colleague: Be the witness, and look for glimmers (2min)
2. Both parties: Make short notes about bodysensations, feelings, thoughts, & urges  
Supervisor. Mirror back, in movement, the part that caught your attention (2min)
3. Therapist: Repeat, only the mirrored part (feel free to modify if you wish)  
Supervisor/Colleague: Be witness and mirror back, in movement again  
Both parties make notes again: bodysensations, feelings, thoughts and urges (2min)
4. Therapist: As you repeat a third time, see if you can let yourself be playful with it  
Supervisor/ Colleague: Mirror back the last time, in your own playful way (2min)
5. Both parties: Note any changes regarding -bodysensations, feelings, thoughts or urges  
Write down your triangles (conflict & person) (2min)  
Share any new or surprising experiences towards your troublesome patient, your partner, and/or yourself (just as much as you feel comfortable doing!) (ca 5min)
6. Repeat from 1. But change roles
7. Finally reflect together on how you experienced doing this exercise, in a deliberate practice fashion, with the learning objectives:
  - Listening with your eyes
  - Recognize inner emotions while observingor any other notes that you want to share with your partner before finishing
- For any questions or notes, feel free to e-mail me at [er@danspsykologi.se](mailto:er@danspsykologi.se)

# Yoga Informed Experiential Dynamic Psychotherapy

## Culminating Exercise in Dyads: The Whole Enchilada

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Choose a partner that you don't know. Sit so you face each other. Decide who will be client and who will be therapist.

Take 5 minutes for Dyad Work.

If you chose to be a client, practice being one of your moderately anxious clients when you start talking about emotionally laden material. Be believable. Use a specific example.

For the therapist, be yourself, try out one of the breath awareness or breath with movement techniques with your client. Give yourself permission to make mistakes. Remember, it's part of learning and Deliberate Practice. Assess the impact of intervention.

### Optional Breath Techniques

Diaphragmatic Breathing

Ocean Breath/Ujaii Breath (nostril/throat)

3 Count Inhalation, 5 Count Exhalation

Pair Breathing with Visualization

Nhadi Shodna (alternate nostril breathing)

### Breath + Gentle Movement Techniques

Spine Wave (lifting chest alternate with doming the spine)

Prayer Position

Forward Fold

Gentle Spinal Twists

Arms Up Wide, Hands to Heart

Calming the Storm

### 3 Minute Debrief.

After role play ends, therapist discusses what it was like to experiment with the exercise. Therapist has opportunity to receive feedback from the client. Feedback from client is in the form of what the experience was like.