



# PSYCHOENERGETICS

A BODY-MIND APPROACH TO DEPTH WORK AND PROCESS FACILITATION

## **Practicum Session – “What Just Happened?” Process Integration Protocol**

The client and practitioner reflect together on how they understand what just happened during their process session. Explore whatever was most relevant and important to the practitioner’s learning.

### **STEP ONE: *The client gives feedback to the practitioner.***

Please note that it is quite important that the client suspend judgment about the practitioner’s efforts, and not simply state what they liked or didn’t like.

1. The client speaks to what struck them or stood out to them most about the session. What exactly felt most useful, important or meaningful for them?
  - *Was there a defining moment or turning point in the session, from their perspective?*
2. Name specific ways the client felt supported and met by the practitioner.
  - *What allowed them to stay further with their process, in ways that they might not have been able to do on their own?*
3. Name specific ways the client felt challenged by the practitioner.
  - *Was a challenge provided to go beyond their comfort zone provided, and was it able to be received by the client?*
  - *Did the challenge help move the client forward to a new experience?*
  - *Was the challenge specific and useful, or too general or too forceful?*
4. Name a specific way that the client might have wanted something *different* from the practitioner, beyond what they offered.
  - *What would they have wanted **more** of from their practitioner?*
  - *What would they have wanted **less** of from their practitioner?*

***STEP TWO: The practitioner reflects on his/her developmental edge as a facilitator.***

- SELF SUPPORT - *How did they make use of their strongest resources (their solid ground) during this session?*
- SELF CHALLENGE - *How did they work at their own developmental or growing edge? Did they take a risk with a new skill or ability?*
- *If so, what impact did it have on the client?*
- SELF IMPROVEMENT - *Is there specific feedback that the practitioner would like to ask from the client?*