



PSYCHOENERGETICS

A BODY-MIND APPROACH TO DEPTH WORK AND PROCESS FACILITATION

Practitioner Protocol Questions

Working Your Development Edge in Practicum Sessions

1. Where am I on solid ground as a practitioner?

What is my most fundamental inner resource? What ability do I have that I can rely on, whenever I am not sure what to do during my session? What will allow me to keep grounding myself so I can stay open, and to stay with the uncertainty of the unknown?

2. What developmental edge am I now on, as a practitioner?

Where do I not yet feel solid with my facilitation skills? What particular skill do I want to explore during this session? What deficit or lack of experience do I have, that I would like to explore more in this session?

3. What risks am I willing to take during my session?

What interventions am I willing to experiment with during this session? What specific things would I like to consider saying or doing with my client during this session, that would be new or different for me?

4. What would I like specific feedback on from this session?

What particular developmental edge would you like the observer to track during your session, and objectively reflect back to you afterwards? Be as specific and concrete about this edge as you can, so that it is observable to the other(s).

Guidelines for Practitioner Feedback

1. Base your feedback on objective observations made during the session, as you track specific content and particular interactions. Take notes so that you can be concrete, and be *specific* when reflecting back about what did or did not happen during the session.
2. Do your best to not give your *opinion* about what you observed, or place your own positive or negative value judgments on what did or did not occur during the session. This will only be a distraction from the practitioner's own learning process.