

THE BREAKFAST OF THE CHAMPIONS

PROTOCOL

Objective : to know how to use feedbacks : friends, body, relationships, patients, therapies, supervisions.

Technique : group of 3 : Patient, Therapist, Supervisor

STEPS :

1. Set aside one's ego.
2. T listen to the supervision from P and S without trying to justify himself (4 Toltec agreements : don't take it personally)
3. Ask for concrete, precise and factual information.
4. Be honest with your reactions ; T and S must be authentic.
5. Receive the supervision regarding your capacities and behaviors but not your Identity.
6. At the end, P and S end with the Therapist's charisma : your originality is..., your special talent is...
7. At the end, T sincerely thanks the learnings that s.he received. What are they ? And the commitments to take into account from the feedback by doing this and that... What are those commitments ?