

SESSION OF INTEGRATION

PROTOCOL

Group of 3 : Patient, Therapist, Supervisor

30 minutes each.

- The Patient chooses a problem experienced with his clients as a therapist : I don't know how to ask for money, I'm afraid of the other's violence, I'm afraid of failure, that the client is not satisfied, etc.

- The Therapist starts at the center of 4 pieces of paper that represent the 4 cardinal points.
 - He connected to what is greater than him, he is oriented toward the other, he is centered on himself.
 - The mantra of the 4 virtues is visible in front of him.
 - He puts himself within the space of the therapy, time, location, ethic, etc.
 - He reads again the 10 Reformulations, displays them in front of him on the table.

- From time to time, but as little as possible, the Supervisor will ask him to justify himself, what is his plan.

After 30 minutes : patients and supervisors express their feedbacks.