

An Overview of the 4 Core Elements of UZAZU Embodied Facilitation

Dynamic Change Processes

Can include: (but is not limited to...)

- *State-shifting & deepening techniques, Re-patterning responses*
- *Facilitating one or more of the Four Core Change Processes (Rebalancing, Differentiation, Integration, and Synergizing)*
- *Practices: Sequences of embodied shifts of posture & state*

How are you helping clients to better balance, deepen or resource their various states, to heal, process or resolve tensions & wounds, possibly have some key new peak state experiences, and to generally grow in the (embodied) ways that will best serve them at this stage in their journey?

Being IN & Directly
ENGAGING WITH

Embodied Activation States

Can include: (but is not limited to...)

- *Embodying one's experiences, Deepening embodied awareness*
- *Safely activating & experiencing balanced & imbalanced states*
- *Understanding the client's various states, conditioning, & patterns*
- *Compassionately holding space for a full spectrum of client states.*

How are you with noticing & attending to the client's moment-to-moment states (both balanced & imbalanced), and helping them skillfully embody and experience a full spectrum of embodiment postures, modes and states? How compassionate & comfortable are you in being with and meeting your client in a full range of states?

The Client's Experience
OVER/THROUGH TIME

Developmental Journey Stages

Can include: (but is not limited to...)

- *Understanding your client's developmental journey & direction*
- *Collaborating on a meaningful, constructive client 'Self-Narrative'*
- *Co-finding cohesive meaning & purpose in, and across, each session*
- *Re-integrating the session-work & changes into the Self-Narrative*

How attentively & skillfully are you cultivating a greater understanding of the client's overall life-journey and how that might relate to the specific change work you engage in together? How are you making use of core principles of healthy development & growth to inform you? How is each session contributing to your shared understanding of their overall journey?

Relating TO, and
TALKING ABOUT

Interpersonal Facilitation Interactions

Can include: (but is not limited to...)

- *The various Verbal Response Modes we use to communicate*
- *Our implicit body-language & dynamics of how we interact*
- *The quality of our connection & attunement with the client*
- *The ease and organic, co-creative flow of the session together*

How are you connecting & interacting with your client, both verbally and non-verbally, as you discuss & explore their life, experiences, challenges & desires, and as you guide them through various processes? How fluid and trust-building is the communication? And how does it affect each of you, energetically & emotionally—both during the session and afterwards?

The Client's Experience
IN THE MOMENT/NOW