

Small Group Practice #1

- Breath Focus elicitation
- Reorientation
- Realert

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- **Elicitation: Breath Focus**
 - Just allow yourself to comfortably settle into the chair
 - Now, allow your body to breathe on its own as you observe the rise of the breath as the body breathes in...and the fall of the breath as the body breathes out...
 - Notice the sensations you experience as the body breathes in as the breath rises...and out as the breath falls...now, allow the breath to become a little slower and more natural with each exhale...
 - And as the breath switches over from the inhalation to the exhalation... notice the welcome sense of release that occurs and how the body relaxes more and more...

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- **Establish Communication**
 - And as the sensations of relaxation become clear to you...words will come to mind to describe them, and you'll be able to give voice to them and communicate them to me...
 - That's right _____ (restate the description the client provided)

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- **Reorientation**

- And now as these welcome feelings of _____ [relaxation] remain with you, notice how securely the chair holds and supports your body as you focus on being at home (in the office here) today...feeling your feet making contact with the floor...noticing the sounds around you...

- **Realert**

- **And now you'll find that you can return yourself to your fully alert state at a pace that's right for you...and when your eyes open, that will be your way of indicating that you're fully alert...the mind refreshed and clear...all healthy feelings remaining with you and ready to learn...**