

Deliberate Practice Group Training

Skills 1-6 Overview

Skill 1: Evocative Inquiry

Helps clients become more aware of their feelings and bodily sensations by asking simple, open-ended questions. Focuses on the importance of emotions and somatic experiences.

Skill 2: Evocative Reflection

Heightens emotional experiences by using language, imagery, and metaphor to bring emotions to the forefront of clients' awareness.

Skill 3: Validating Partners' Experiences & Tracking Dysfunctional Patterns

Strengthens the therapeutic alliance by validating each partner's self-protective behaviours and creating a safe space for exploring emotions and experiences.

Skill 4: Attachment-Reframed Validation

Goes beyond validating defensive behaviours by connecting them to deeper attachment fears and longings, helping clients understand the underlying emotional needs driving their actions.

Skill 5: Deepening Emotions with RISSSSC

Heightens emotional experiences using the therapist's voice and phrasing techniques—repeating, using imagery, speaking simply, slowly, softly, specifically, and using the client's own words.

Skill 6: Tracking the Therapist's Inner Experience

Encourages awareness of your own inner experiences—including thoughts, feelings, and bodily sensations—while listening to clients. This helps you understand your reactions and interactions during sessions.