

## **Dyad Facilitation**

### Specific Steps to Customize the Practice

1. As you begin, be clear to establish the time that you and your client need to be completed by.
2. Ask your client if they have something specific they would like to work with today (sensation, emotion, thought, belief, image, etc.) If they don't, simply ask them "what is present right now?"
3. What ever your client answers, ask them if there is a corresponding feeling (or "how does that feel") in the body and if they can locate it.
4. Play with the iRest instructions of "Locate", "Feel", "Describe" from the Level 2 manual (pg 409). Find words that feel right for you. Play! Have fun! "Riff"!
5. Notice opposites naturally arising spontaneously, or bring them in at an appropriate moment. Do the same with Pure Awareness/Being (pg 415 - L2). You can refer to your dyad checklist in the L2 manual (pg 411).
6. Once time is up inform your partner that you are going to begin integrating now. Allow at least 10 minutes for this in a full 1 hour session.
7. Recap the highlights of their experience (you can refer to your notes).
8. Then ask "Given all of this, is there a knowing that arises or bubbles up?" or "Given all of this, what is present now?" or "Given all of this, is there an essence to your experience?"
9. Ask "Is there something you would like to do over the next few days to help integrate this into your life more fully?" You can support them in making it realistic and time bound to ensure success.
10. Ask "Is there anything you need to say or do to feel complete?"
11. Before sending your client on there way, support them by asking if they would like to book another session to continue with this work.

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