

Six Category Intervention

	<p>Cathartic: enabling the release of emotions or tension, so that a working solution may be found.</p> <ul style="list-style-type: none"> - What is it you really feel about this? - I see that talking about this participant seems distressing to you. Are you willing to say just a little more about what happened? - What would you really want to say to this participant?
	<p>Catalytic: supporting reflection and self-discovery, getting things moving, encouraging self-directed problem-solving.</p> <ul style="list-style-type: none"> - What do you think might have caused this participant to switch off? - So what in this situation might have made you have said differently? - Any other reflections on this?
	<p>Supportive: recognizing and appreciating the other's capacities, strengths, actions. Encouraging and supporting the other in building confidence.</p> <ul style="list-style-type: none"> - So you supported your participant to a crucial insight! Well done! - I can understand how you feel. That must have been difficult.
	<p>Prescriptive: giving advice, describing what is required and how to do it. "This is how it is done." Trying to influence and direct the behaviour of the other person.</p> <ul style="list-style-type: none"> - I think you should have said this to the participant - In guiding mindfulness practices, never use the imperative form. - You need to write a report on every session in the following format.
	<p>Informative: didactic, instructing, giving information without directly controlling. Supporting the other who is less knowledgeable or experienced with your personal insights and experiences.</p> <ul style="list-style-type: none"> - You can read more about the background to this practice in this book. - As your voice is quite soft, you could try guiding the BS while sitting.
	<p>Confronting : challenging, giving direct feedback</p> <ul style="list-style-type: none"> - I notice that when you talk about this participant, you always smile - Listening to you describing this situation, I feel I am switching off. - So when your participant shared this story, you did not react to him.